THE SATURDAY EVENING POST

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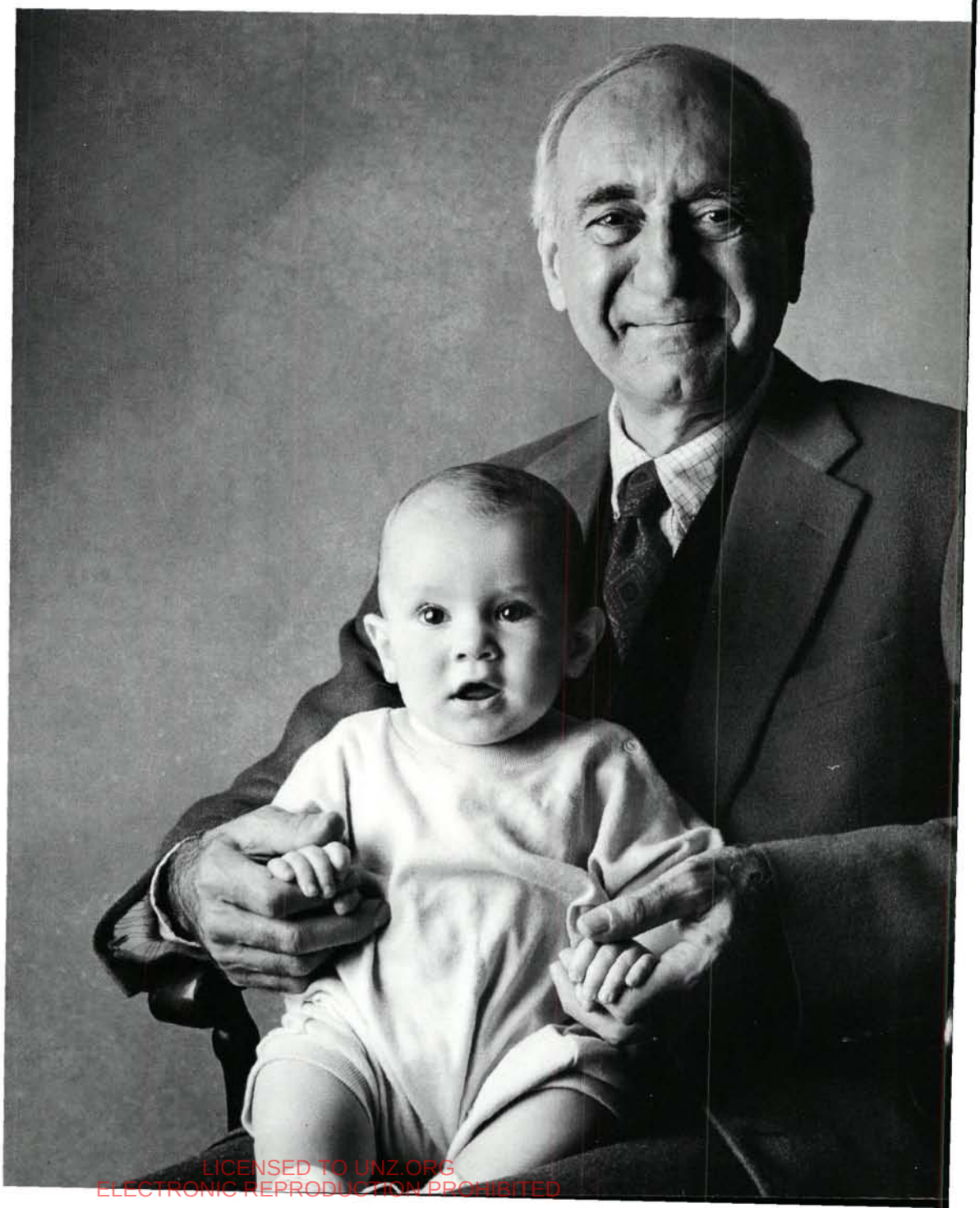
Does a man's prostate have to grow into a problem when he grows up?



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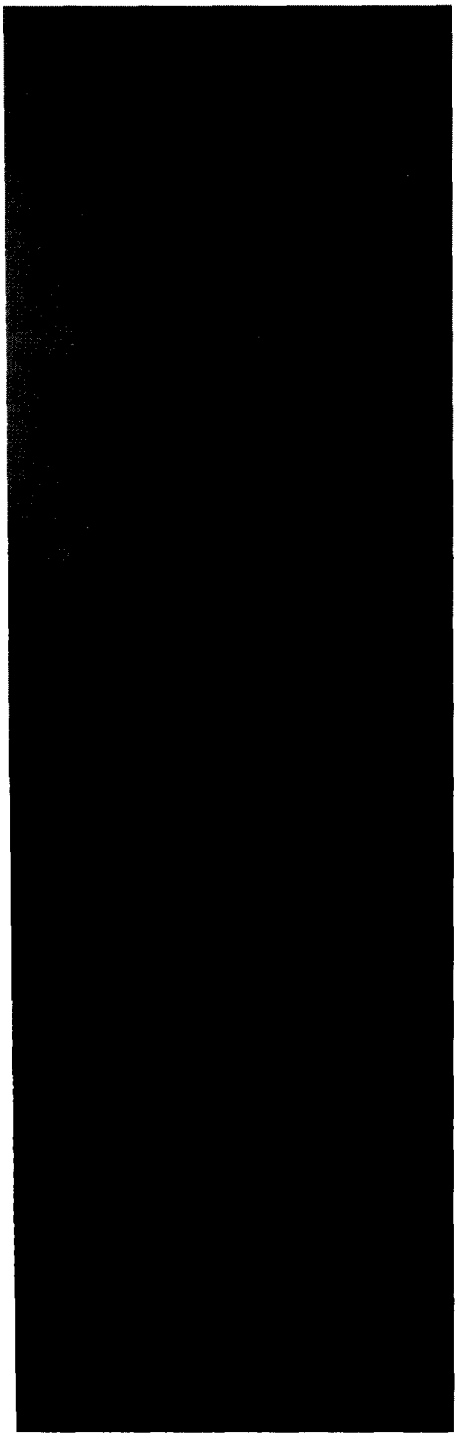
No. Every male is not destined to develop prostate problems. However, prostate enlargement is a common medical finding. In fact, more than half of men over 50 have an enlarged prostate. To help you understand the prostate, here are some important facts.

What and where the prostate is

The prostate gland is located just below the bladder. At birth, the prostate is about the size of an almond. It will remain that size through childhood. During puberty, it will double in size. Then it stops growing.

The prostate supplies the milky fluid that helps transport sperm through the penis during ejaculation. This prostatic fluid also aids conception by providing support and nourishment for the sperm and helping to make the vaginal canal less acidic.



The renewed growth of the prostate at middle age

In most men, after age 45, the prostate starts to enlarge and may continue to enlarge for the rest of a man's life. This growth may be benign prostate enlargement, a noncancerous condition. A major cause is the activity of a key hormone.

By itself, benign prostate enlargement isn't a problem. But, the prostate gland surrounds a section of the urethra, the tube that carries urine from the bladder through the penis. As the prostate continues to grow, it can squeeze the urethra (like pinching a straw) and interfere with the normal flow of urine, causing uncomfortable and embarrassing symptoms.

However, benign prostate enlargement is not a progressive condition in all men.

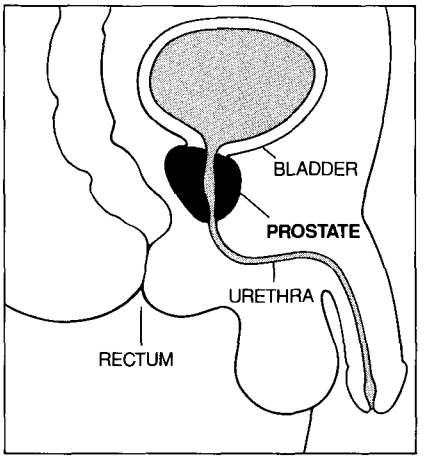
The urinary symptoms of an enlarged prostate

Among the symptoms commonly associated with an enlarged prostate are more frequent urination, especially during the night, or the sudden, almost uncontrollable urge to urinate. The added pressure on the urethra can also cause a weak, interrupted urine stream, a sense of the bladder not emptying completely, leakage, and difficulty in starting urination. It can even result in total blockage, a serious condition.

Why you should consult the doctor

Symptomatic benign prostate enlargement can be helped. Recent advances in treatment have been made, and today your doctor has several options. So now, more than ever, is an excellent time to consult your doctor. You and your doctor should discuss which treatment option would be best for you.

If you experience any symptoms, see your doctor and speak frankly about the problem. A simple rectal examination enables the doctor to feel, with a gloved finger, the size and condition of the prostate. This exam, and other tests the doctor may recommend, will also help to rule out the possibility of prostate cancer. Benign prostate enlargement is not cancer and does not turn into cancer.



The prostate is located at the base of the bladder. It surrounds a part of the urethra, the tube that carries urine from the bladder through the penis. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

Talk to your doctor, soon. It can pay off for years to come. And, for a free informative booklet, "What every man should know about his prostate," call 1-800-635-4452.

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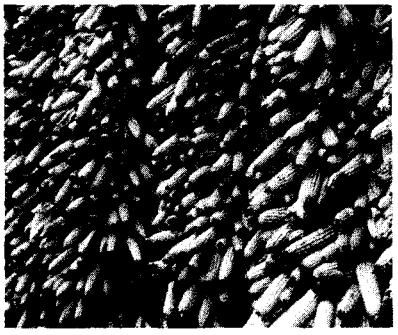

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(Cover photo by Bill Fitz-Patrick)

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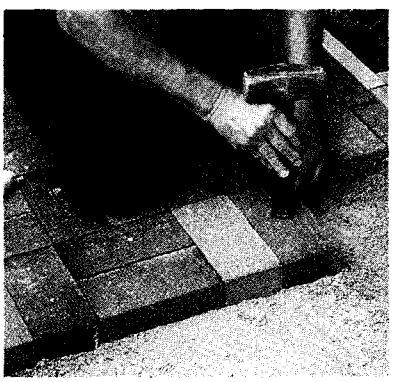

Build a Brick Walkway—to enhance the beauty of your garden and the value of your home. **62**

What's Cooking in France?—Fun-filled vacation workshops where Americans can learn the secrets of nouvelle French cuisine. **78**

Letters

Lowering Those HDLs

I want to thank you for your emphasis on health. I had my cholesterol checked several years ago. It was 229. I do have the good kind, so the risk factor was down to the lowest level. I did change my diet though, as most doctors like to have it below 200. This spring I had it checked again. It was 182. Again my HDL was good, so the risk factor is still on the lowest risk.

This past week I went to a health screening for PSA. My results were 0.8. I am glad our county hospital and physicians are encouraging screenings.

Clarence Mercer
LaGrange, Wyoming

Prostate Publication

In reference to a request for a prostate cancer newsletter, Patient Advocates for Advanced Cancer Treatment (PAACT), Inc., P.O. Box 141695, Grand Rapids, MI, 49514-1695, publishes a helpful newsletter and an annual report on prostate cancer. It is for laymen. PAACT also has a phone (616) 453-1477 and fax (616) 453-1846 service for those who need advice or counseling.

L.C. Walker
Nacogdoches, Texas

Post Boosts Literacy

I am a tutor/trainer for the Literacy Volunteers of America in the Bluefield, W.Va., area. My collection of Norman Rockwell pictures and numerous cartoons from *SatEvePost* provides an excellent teaching tool to help adult non-readers to express themselves by describing the obvious actions portrayed. From the simple who, what, where, when, and why, they can develop reading and writing skills.

The best recent example is your "Can you name this picture" in the Sept./Oct. 1992 issue. My students cannot write limericks, but learning to read is helping fulfill a dream. *The Saturday Evening Post* is a real boost to our literacy program.

Mrs. John Magann
Bluefield, West Virginia

High Notes for Singer

Thank you so very much for the inspiring poem "Skybound" by Margery A. Singer.

I, like many, carry with me the sadness produced by what man has done

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ADVERTISING OFFICES

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Corporate Advertising

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Las Vegas, NV 89117
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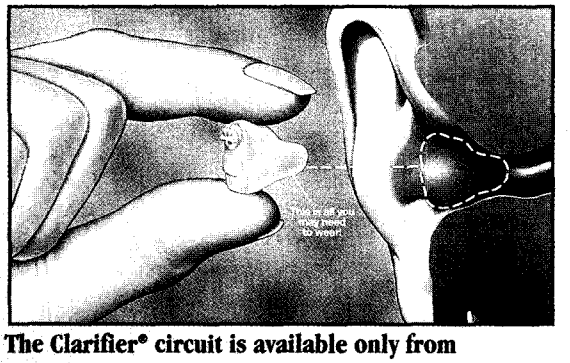

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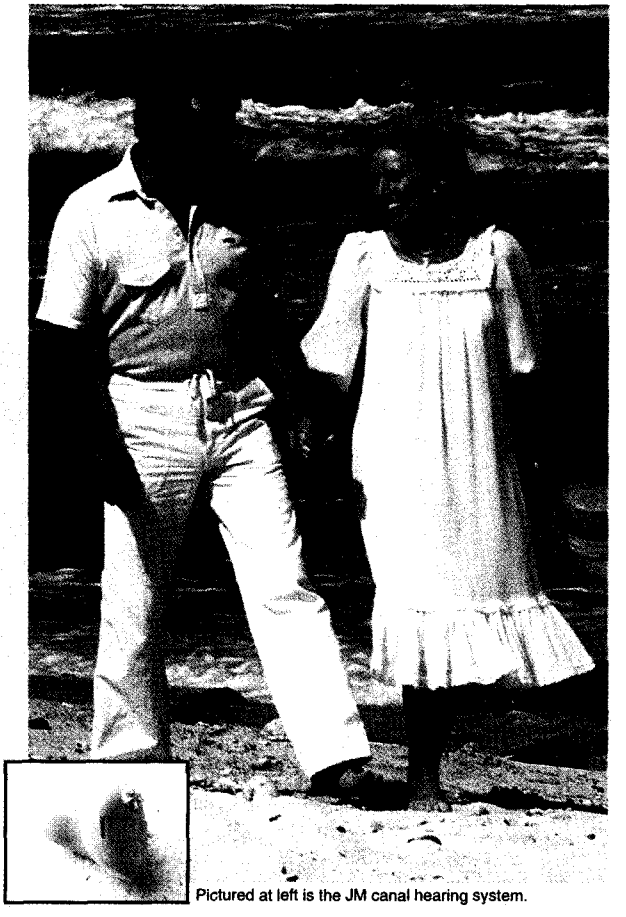

Pictured at left is the JM canal hearing system.

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to this world. "Skybound" renewed my hopes and helped me see "The sun!" again. I would appreciate more works from this author. Her poetry is truly profound.

Blanche Feldman
Sarasota, Florida

Down on Donahue

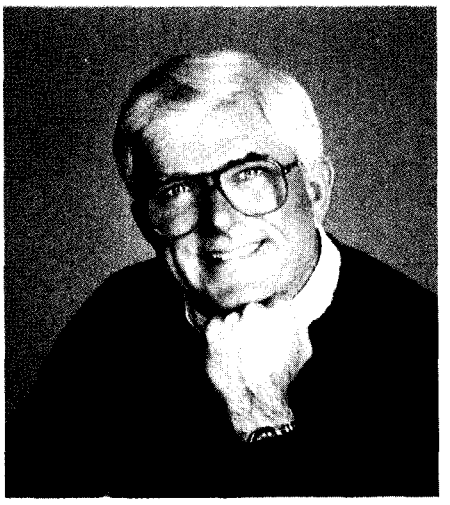
If we know that using the rectum for sex causes a lot of health problems like hepatitis and AIDS, why does Phil Donahue keep promoting the gay lifestyle? Why does the *Post* promote Phil Donahue?

If Phil Donahue is looking for controversy on his program, why doesn't he pit smokers against non-smokers? He could have a really good fist fight on his show if he gave that a chance. Why doesn't he get some MADD (Mothers Against Drunk Drivers) members fighting with the ACLU activists who want to get all the drunk driver killers out of jail?

Maureen O'Brien
Boston, Massachusetts

Editor's note: Why don't you write to Phil Donahue with those good ideas?

His show's producers look for fights to liven up his market share of viewers. You have just provided them with two lively, controversial shows



where both sides could have at it in a free-for-all.

When Phil Donahue's show was produced in Chicago, your editor's entire family was invited to be on it because we were known as workaholics. Phil Donahue came down hard on this editor/mother for not "smelling the roses" as he made the point that workaholism could be a bad and dangerous family lifestyle . . . but our family is still working together 15 years later.

We hope you'll write to Donahue's program director to let them know your views so that your side of the issues will be heard. As Oliver Wendel Holmes' mother taught her son, "It's better to light one candle than to curse the darkness." You could light a candle with Donahue.

I really enjoy *The Saturday Evening Post* but was saddened to see you had included Phil Donahue in the "Post People" in the Jan./Feb. 1993 issue.

As Charles Colson says of Mr. Donahue:

"While Donahue professes to be a neutral interviewer, he is hardly reluctant to articulate his views. As he told Barbara Walters, 'I'm for gay rights; I'm pro-choice.'

"Nor is Donahue's programming neutral. The immorality he promotes is dangerous to the millions of Americans whose values are increasingly shaped by television.

"But that isn't even the worst of it. It's the very banality of it all that sucks every bit of meaning, truth, and purpose out of life. And that's the real definition of decadence.

"This relentless drivel renders viewers incapable of distinguishing between what is important and what isn't. Watch hours of this every week and one's moral senses can be permanently neutered."

Mr. Colson expresses my feelings completely.

Mrs. James C. Tom
South Bend, Indiana

I'm sorry to say I won't be renewing my subscription to *SatEvePost* because of the accolades that you gave Phil Donahue. I'm a Christian and felt in the last few years that your editor was Christian because of the good content. I have had to stop watching Mr. Donahue because of his sex craze. He's working overtime for ratings and nothing else.

Marianne Carmon
Redwood, New York

Speaking from Experience

I have just finished reading the article, "The Other Side of Las Vegas," by John McCollister in the Nov./Dec. 1992 issue. The caption for the artist's rendering at the bottom of page 78 indicates that this is a picture of the strip. Oooops! This is Fremont Street in the downtown area. The strip is on Las Vegas Blvd., several miles south. I ought to know; they have a lot of my money!

Dick Madigan
Las Vegas, Nevada

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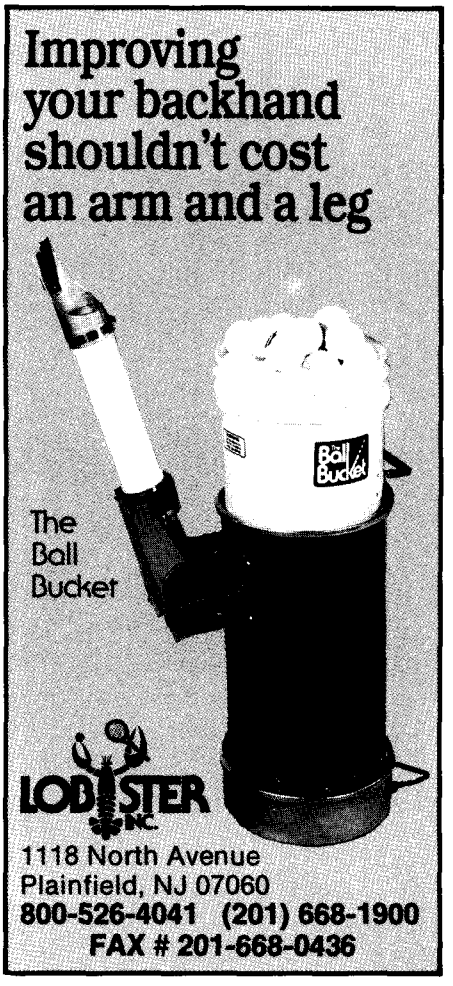


Available now at your local bookstore! *The Best Cartoons From The Saturday Evening Post*, check page 37 for details.

Heavenly Helper

In the limerick judging for the January/February edition, your judges probably thought they were acting independently, without outside influence. Wrong! You see, I had somewhat "promised" God that if I won, the $100 check would go to the church. He knew that our church needed that extra amount to help balance the budget.

Thank you for making my Christmas have a little extra sparkle this year. Keep on with the cartoons and humor as well as the good articles.

Merlene Hill
Downey, California

Lost 'Hounds of Youth'

In the 1960s, you ran a book-length story, "The Hounds of Youth." It was about 1962-65.

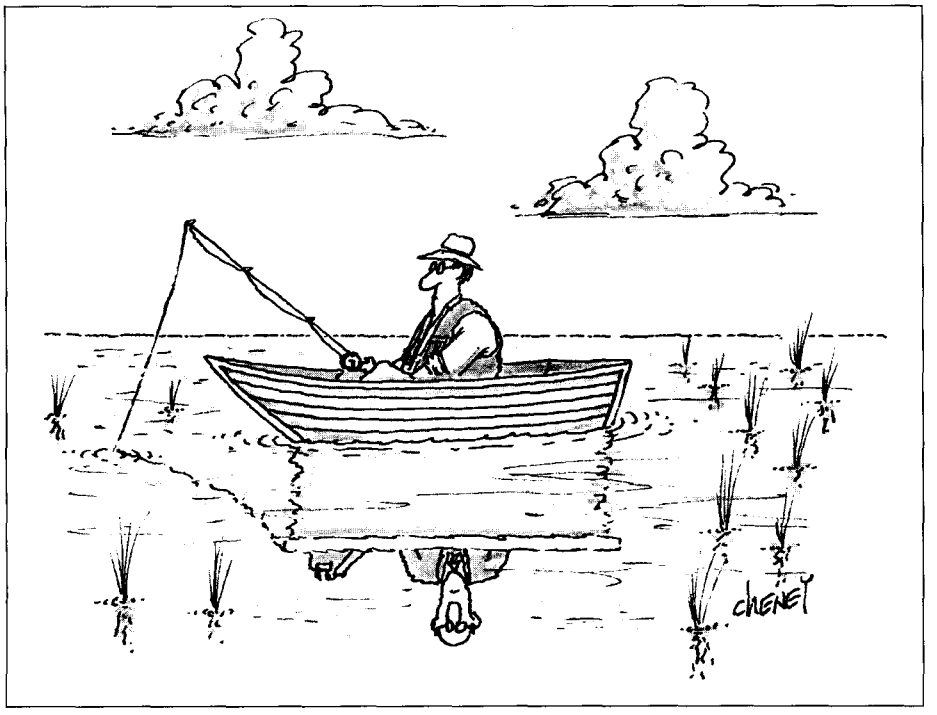
My husband and I read the story to our six-year-old son. We all loved it and couldn't wait for the next issue.

Now, our son has a son the same age. We would like to get the book to read to him, but we don't remember who the author was or which book company published it.

Is there any way you could help us find the book? It would help if we knew the author.

Orbie Rebling
Beverly Hills, Florida

Editor's note: "The Hounds of Youth" by Wilson Rawls was quite a popular story when it first appeared in 1961. We reprinted the serial again in January thru April 1986. Issues of the Post *are available for $4 each for a total of $12 for all three issues in question (includes postage and handling). Mail check or money order to: Steve Pettinga/Archives,* The Saturday Evening Post, *1100 Waterway Boulevard, Indianapolis, IN 46202.*



It's His Bag

For a bit of nostalgia, I ordered an *SatEvePost* bag, like I carried as a youth, in my first endeavor into the American free-enterprise system. I sold the magazine about 64 years ago and have always enjoyed your publication.

Like the founder, Benjamin Franklin, I worked in the printing trade for 47 years before being retired. Keep up the good work with a clean and educational publication.

Richard G. Robinson
Haslett, Michigan

A Chuckle a Day

As if I did not know—What is it about this delightful magazine that causes my stomach to ache while I try desperately to control my laughter—the utmost humor, not falsified but clearly real and honest.

Take a page, one at a time, and relish each laugh: my prescription for any day.

Dorthea Davis
South Bend, Indiana

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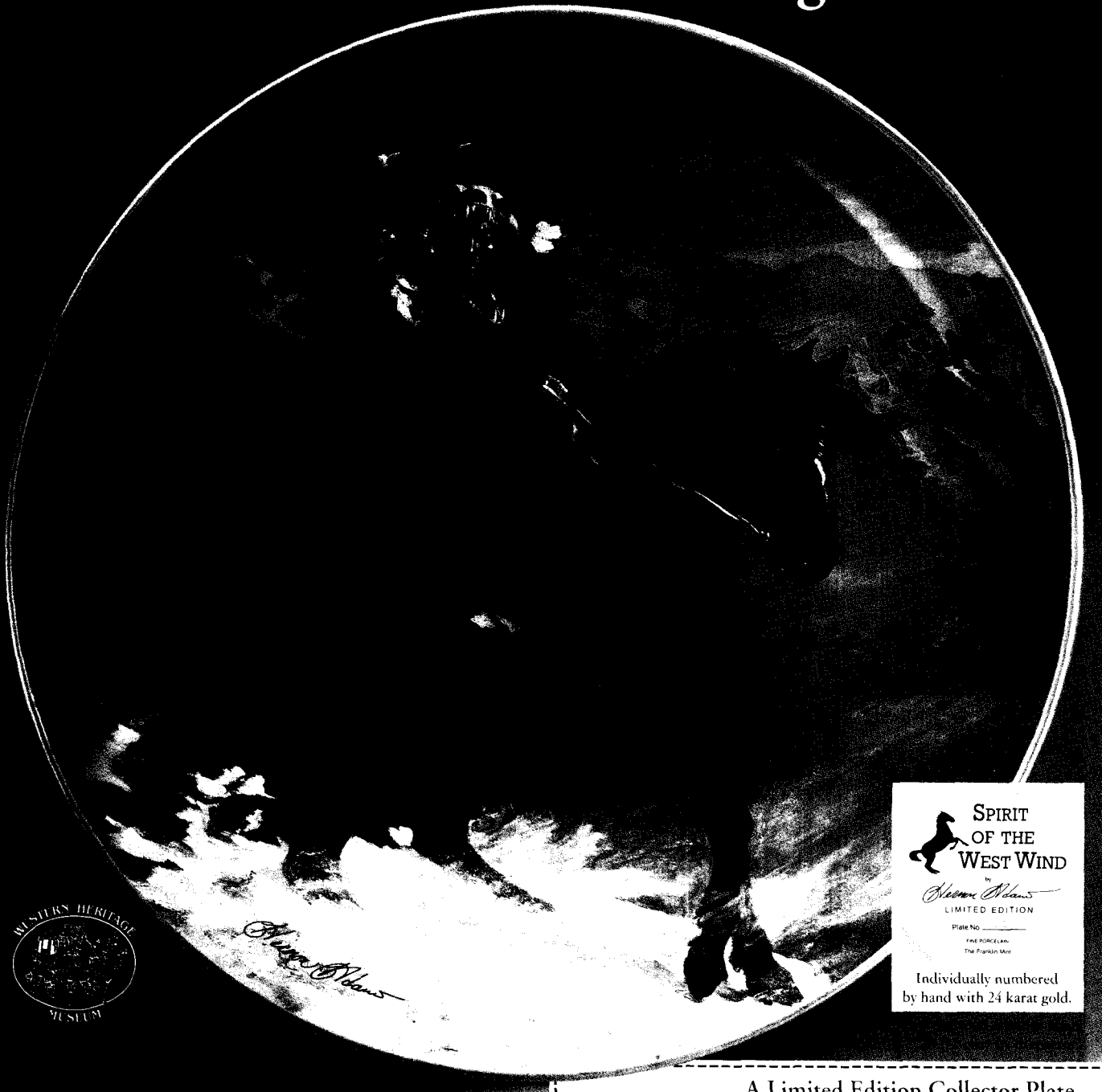
A First from the Western Heritage Museum



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Gum, Cud Chewers

Upon reading the Jan./Feb. '93 issue's article entitled "The Vanishing Face of Refinement," I recalled my high school mathematics teacher, Miss Rose Roll, and the hand-printed admonition against chewing gum.

The sign was high on the wall of our classroom. Whether or not the poem was her own creative writing, I do not know. However, it was most succinct.

"The gum-chewing girl and the
cud-chewing cow
Are somewhat alike yet different
somehow.
Ah-h-h, I see the difference now,
It's the intelligent look on the face
of the cow."

The school I attended was an all-girls' school at the time (now co-ed); Washington Irving High School in New York, NY. At that time, it was also nicknamed "The Finishing School."

Unfortunately, these days one must explain what was meant by that sobriquet—a school that produced graduates who were thoroughly educated and refined.

Nowadays schools are turning out functional illiterates—gum chewing or not—who then need remedial reading, math, etc., classes in order to be able to meet the college criteria for a degree. Vulgarity rules as a result!

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Choose to Chew

I enjoyed the charming article entitled "The Vanishing Face of Refinement." It was well written and most interesting.

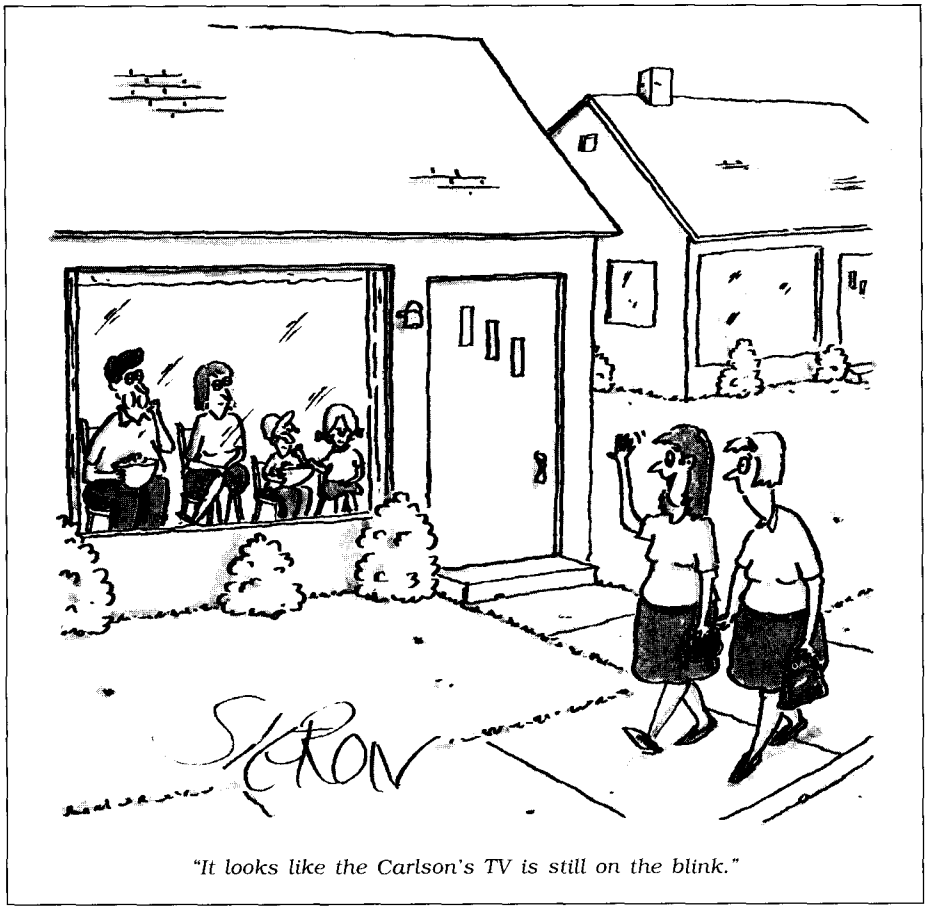
Initially the title intrigued me. So very much of "old school refinement" has vanished, so I was quite surprised to see that the author chose to target "the gum chewing population." I expected an attack on the demise of common courtesies, good manners, loss of morals, increased vulgarity, violence, and the crude acts so prevalent on TV today—but gum chewing?

On behalf of the gum-chewing population I'd like to point out some good reasons why we choose to chew gum: to improve digestion, avoid overeating and smoking, sweeten the breath, and cleanse the teeth to name a few.

Unfortunately, the author has painted us with a broad brush and put us in the same category with open-mouth chewers and gum-cracking individuals. I would like to think that when *most* of us chew it is not so obvious as to become offensive.

I hope the article was written with "tongue in cheek." As always, I enjoy *The Saturday Evening Post* and have for more years than I care to admit. Keep up the good work.

Marian Di Stefano
Yeadon, Pennsylvania



"It looks like the Carlson's TV is still on the blink."

Is Lunden Next?

I like your choices for cover girls for *The Saturday Evening Post*. The Jan./Feb. '93 selection of lovely Paula Zahn of "CBS This Morning" matched your Nov./Dec. '92 choice of Katie Couric of "NBC Today." Did I perhaps miss an issue or can I look forward to your March/April '93 cover featuring Joan Lunden of ABC's "Good Morning America"?

Elmer N. Stuetzer
St. Louis, Missouri

Editor's note: Yes, you must have missed the September '88 issue in which we featured Joan Lunden in a cover story.

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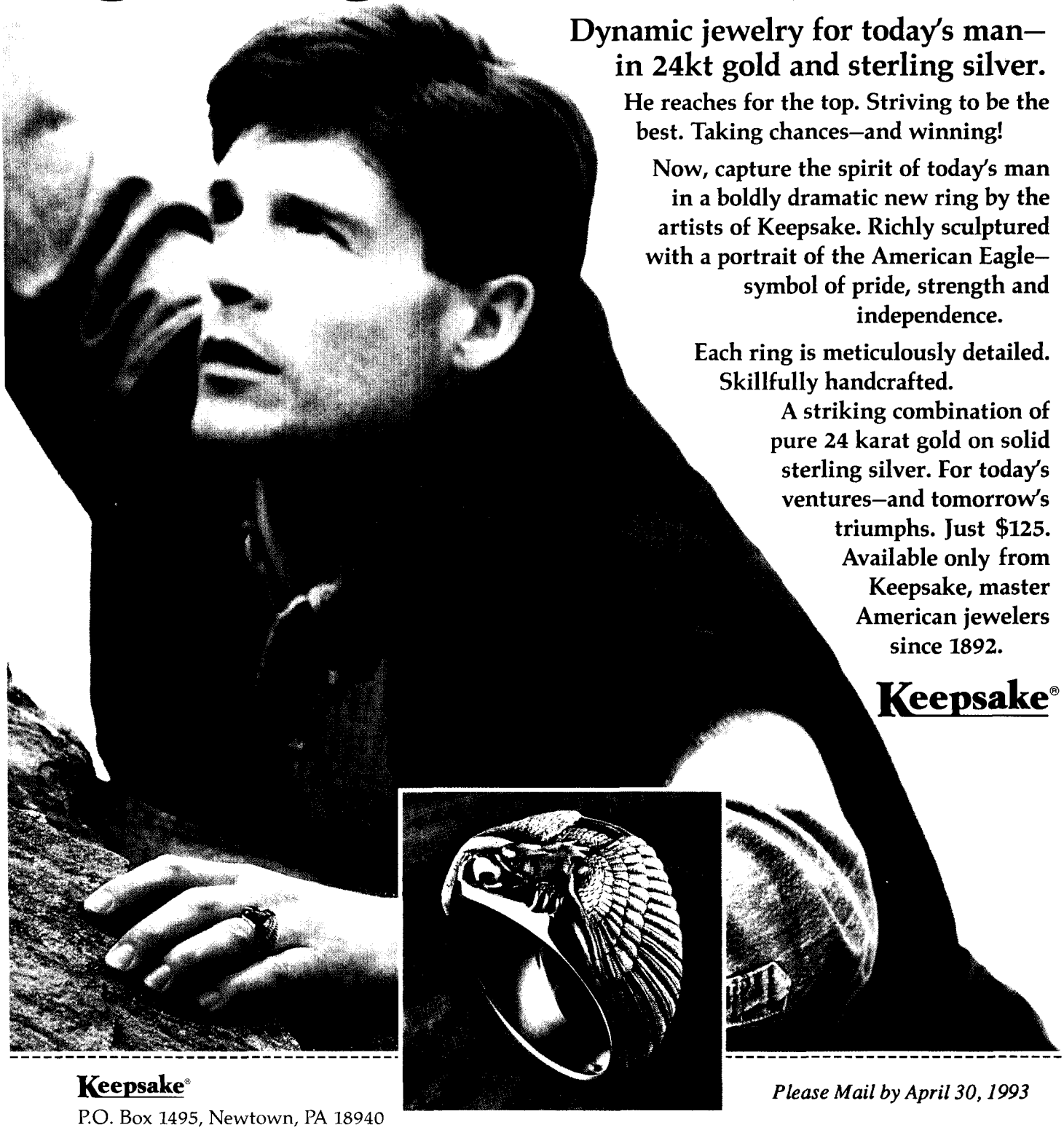
CAPTURE THE SPIRIT



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THE GOLDEN EAGLE RING

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Post People

One for the money/Two for the show/With ***Macaulay Culkin***/Bringing in the dough.

The money: $32 million on opening weekend and more than $100 million to date. The show: *Home Alone 2: Lost in New York.* Macaulay Culkin: "A real kid . . . a pure actor," in the words of producer John Hughes. "He's funny, he's interesting, he's bright—he has all those qualities that you want to see in a young actor."

Though he may be alone in the movie, Culkin is by no means alone at home, occupied by his parents and five siblings. And while the movie is reported to have enhanced his trust fund by some $5 million, his weekly allowance remains in the conservative neighborhood of $5, much of which he devotes to his addiction to bowling and a new pastime—rollerblading.

The only display of wealth for the popular 12-year-old actor is attending a private school in Manhattan—where he is definitely not alone in the seventh grade. ❦

It could be called *Love 40.* Instead, ***Jimmy Connor***'s book on exercise at age 40 is titled *Don't Count Yourself Out,* in which he answers those many questions on how at his age he is still going strong in the tennis game.

It's co-authored by Neil Gordon, director of exercise physiology at the Cooper Institute for Aerobic Research in Dallas. The tennis champ doesn't recommend going gung-ho for three or four days only to wake up stiff and sore and having to back off. He does

recommend exercising on a continual basis, whether it's every other day or a little every day.

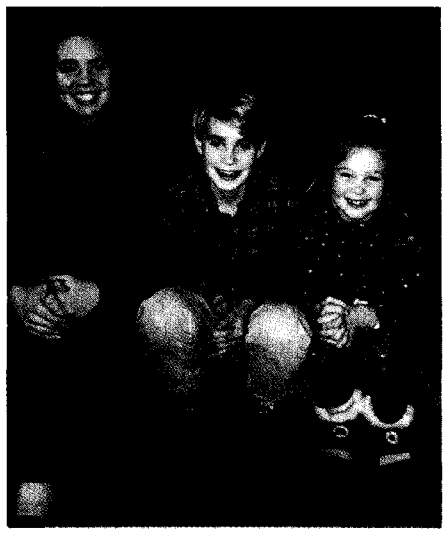
"I think a lot of people lose sight of what exercise can do for you," he says. "It can make you feel better and look better. And there's a little bit of ego involved. Vain is 'in' nowadays." ❦

In 1960 ***Julie Andrews*** left the bright lights of Broadway for the glitter of the silver screen. On March 2, after a hiatus of about 30 years, she returns to the New York stage for a 12-week run of Steven Sondheim's "Putting It Together."

After making her Broadway debut in 1954 in "The Boy Friend," Andrews had to wait two long years for stardom, which she attained playing opposite Rex Harrison in "My Fair Lady." In 1965, Andrews became the No. 1 box office star after starring in "The Sound of Music," one of Hollywood's most successful and popular films.

But you likely knew that. ❦

What's in a name? Quite a bit, if the name happens to be ***Eisenhower***. These three who proudly bear that name are Jennie, 14, Alex, 12, and Melanie, 8, born to Julie and David Eisenhower, grandson to our 34th president, Dwight David Eisenhower.



Happily, however, living in Phoenixville, Penn., they are close enough to drive up to Saddle Creek, NJ, to visit their maternal grandparents, Dick and Pat Nixon. ❦

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HEARTBEAT

The Healthy Heart Recipes

BLUE-RIBBON BREAKFASTS

Wake up the day with a high-energy breakfast loaded with flavor and fiber—without the fat.

Today's emphasis on good nutrition includes all meals, but breakfast is a major target.

Often consumed on the run by hurried students and working adults, the morning meal can influence an entire day's nutritional balance. For this reason, nutritionists urge us to forgo the typical American breakfast of an empty-calorie pastry and choose foods that will shift our bodies into high gear and carry us through the mid-morning letdown.

High-fiber foods, rich in carbohydrates, can deliver the energy the body needs to start the day. Topped with fresh fruit or light syrup, Rice Bran Buttermilk Pancakes are a warm, welcome sight at any breakfast table. In a hurry? Fresh orange juice, a bowl of fruit, and a high-fiber, low-sugar cereal are quick, easy, and nutritional. Multi-grain muffins are also a good source of energy that can be prepared ahead and leisurely enjoyed over a morning tea or grabbed on your way out the door.

♥ ♥ ♥

Rice Bran Buttermilk Pancakes
(Makes about 10 4-inch pancakes)

1 cup rice flour or all-purpose flour
¾ cup crushed rice bran cereal (1½ cup whole)
1 teaspoon baking powder
½ teaspoon baking soda
1¼ cups lowfat buttermilk (made from skim milk)
⅓ cup egg substitute
Vegetable cooking spray
Fresh fruit or reduced-calorie syrup (optional)

Sift together flour, cereal, baking powder, and baking soda into large bowl. Combine buttermilk and egg substitute; add to flour mixture and stir just until blended. Pour ¼ cup

continued on page 103

Rice Bran Buttermilk Pancakes ▶

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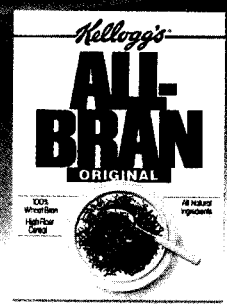

Consult your doctor before discontinuing any medication.

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HEARTBEAT

The Healthy Heart Report

BENEFICIAL BEANS

Their effect in lowering cholesterol is just one of many reasons beans have been called 'gourmet preventive medicine.'

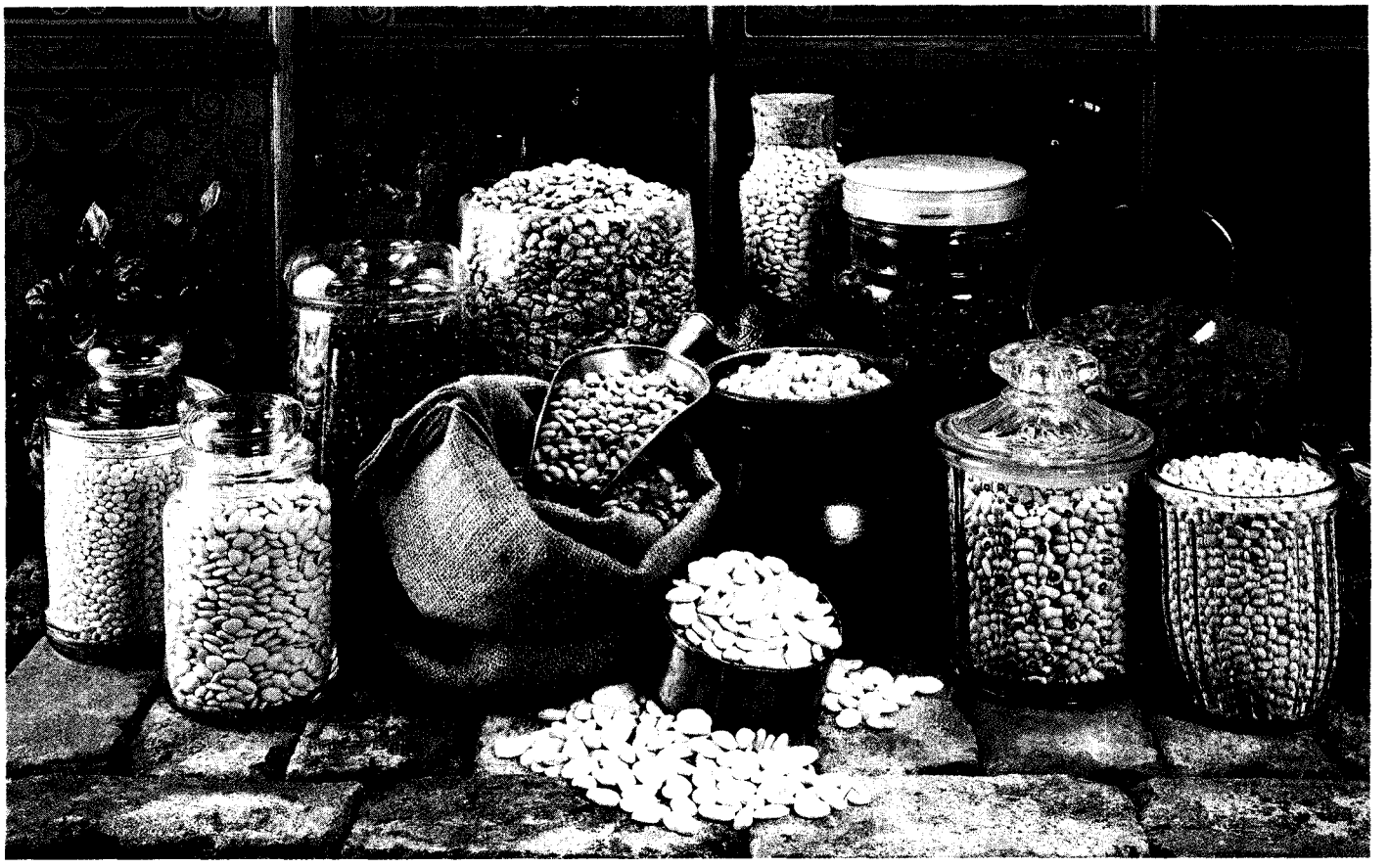
by James W. Anderson, M.D., and Patti Bazel Geil, R.D.

During the past 25 years, the health benefits of dietary fiber have become increasingly apparent. High dietary fiber favorably affects the major health concerns of modern man, including cardiovascular disease, diabetes mellitus, gastrointestinal disease, obesity, hypertension, and cancer. Leading health organizations suggest we eat at least five servings of vegetables and fruits and at least five or more servings of whole grains, cereals, and legumes to reach a daily goal of 20-35 grams of fiber. Unfortunately, most Americans consume only half the recommended amount. That's where beans come in.

Spilling the Beans

Beans are a rich source of soluble fiber, the same gummy fiber found in oat products. The fiber acts in the body to lower cholesterol and blood sugar. Although there are more than 14,000 specimens in the legume family, only 22 are grown for human consumption. One of our oldest foods, beans were eaten often by the ancient Greeks, who would hold a "bean feast" to honor Apollo. Although beans were once called "poor man's meat," they have recently undergone a renaissance of popularity, thanks to health-conscious consumers who enjoy this economical source of versatile and delicious nutrition.

The secret to the health benefits of beans lies in their nutrient composition. Beans are high in fiber, low in fat and cholesterol, and packed with vegetable protein, as well as vitamins and minerals. All dry beans are remarkably similar in their major nutrients, so they can be substituted for one another in recipes without dramatic nutritional consequences. All beans have virtually the same amount of calories—about 95 calories per ½ cup cooked. The fiber content of beans is primarily associated with their seed coat, with ½ cup of cooked beans providing about 5 grams of total fiber. Because beans come from plants, they are almost free of fat and cholesterol and are a dense source of plant protein. Beans are generally considered substantial sources of calcium and iron; a cup of lentils contains 25 percent of the RDA of iron for a woman. Potassium, phosphorus,



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"Love One Another"
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This Holy Season "Love One Another"... a Bradford Exchange recommendation

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Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But the edition of "Love One Another" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So if you wish to obtain this plate at the $29.50 issue price, the time to act is now. To order your plate—fully backed by our unconditional 365-day guarantee—send no money now, simply complete and mail the coupon at right. ©1992 BGE GLB-329

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zinc, magnesium, and B-vitamins are all provided by a serving of legumes. Along with their nutrient benefits, beans are also a bargain, costing only pennies per pound.

Beans have been dubbed "gourmet preventive medicine," and medical research continues to document their health benefits. Studies in the area of diabetes, obesity, and coronary heart disease have shown exciting results.

• ***Diabetes Mellitus***—Diabetes mellitus is characterized by elevated blood sugar. Early research at Oxford University in England showed that a diet high in legumes improved all aspects of diabetes control, including lowered blood sugars and improved blood fat levels.

Eating beans produces a slow rise in blood sugar. The soluble fiber in beans appears to "gel" the intestinal contents, slowing the passage of glucose from food into the cells. As a result, less insulin is needed to control blood sugar, enabling some individuals with diabetes mellitus to reduce or discontinue their hypoglycemic medications. A bonus is the improvement in blood fat levels from eating beans, which helps prevent the heart attacks and strokes suffered three to four times more often by diabetic than nondiabetic individuals.

• ***Obesity***—Beans are also beneficial in fighting the battle of the bulge. Studies in Switzerland show that a rise in the hormone insulin triggers hunger; a lunch that is "full of beans" keeps insulin levels low, which may prevent overeating later in the day. This insulin-lowering effect can last for hours.

• ***Coronary Heart Disease***—Perhaps the most convincing evidence of the health benefits of beans can be seen in the prevention of coronary heart disease. Dietary fiber, such as that found in beans, decreases the risk of heart attack and stroke by lowering blood fats and blood pressure, improving blood sugar, and assisting in weight maintenance.

More recent research shows that dry beans are as effective as oat bran in lowering cholesterol; ½ cup dry weight of either oat bran or dry beans lowers serum cholesterol about 19 percent. Canned bean products account for about 60 percent of the total legume consumption in the United States, and fortunately, canned beans also are effective cholesterol-lowering choices. Research conducted at the University of Kentucky concluded that one cup of canned beans in tomato sauce daily lowers serum cholesterol about 10 percent after 21 days.

If You Don't Know Beans...

If you think all beans are alike, you're in for a pleasant surprise the next time you visit your grocery store. Beans range from the commonly used navy, kidney, pinto, black beans and lentils to the more exotic adzuki, flageolets, and fava beans. These colorful foods have interesting historical backgrounds and exciting recipe uses. Here are some little-known facts about some well-known beans:

• Black beans are native to South America and are used throughout the area as a staple to be boiled, fried, spiced, and mixed with rice and other foods. Black beans are traditionally made into black bean soup in Cuba, Puerto Rico, and Spain.

• Black-eyed peas, known as pea beans or china beans, are probably natives of China that traveled to Africa on the Silk Route and were brought to the Western Hemisphere by slaves. Once a staple of the plantation diet, these beans are still used in many African and Indian dishes as well as the traditional Southern dish "Hoppin' John." Their name is derived from

VARIETY	SIZE	SHAPE	COLOR	FLAVOR	PRIMARY USES
Black	Small	Kidney	Black	Full, earthy	Mediterranean cuisine; soups, chilis, and salads.
Cranberry	Medium	Kidney	Cranberry/deep pink when cooked	Nut-like	Used interchangeably; cabbage and succotash.
Great Northern	Large	Oval	White	Mild	A frequent choice for soups, casseroles, and baked dishes.
Red	Medium	Pea	Dark red	Rich, meaty	Use in any colored bean recipe.
Light and Dark Red Kidney	Large	Kidney	Red	Rich, meaty	A favorite in Mexican and Italian cooking.
Pink	Small	Kidney	Pinkish brown	Rich, meaty	Popular in barbecue-style dishes.
Pinto	Small	Kidney	Pinkish brown	Full-bodied	Great for chili, refried beans, and other Mexican dishes.
Small White	Small	Oval	White	Mild	The bean of choice in Boston baked beans and the Senate dining room's famous soup. Also known as Navy beans.

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their black spot, and, unlike most beans, they contain Vitamin A. Because black-eyed peas have a thin skin, they should be checked frequently for doneness after 30 minutes of cooking to prevent overcooking and disintegration.

- Chick peas, often called garbanzos, are among the most versatile legumes. A popular dish made from chick peas is the Middle Eastern hummus, a paste to which garlic, tahini, oil, paprika, and lemon juice are added. Chick peas are extremely hard and usually need long soaking.
- Kidney beans are named for their color and shape and are most often used as the red beans of red beans and rice and in chili.
- Lentils are unique to the legume family because they need no soaking and cook relatively quickly. Lentils are probably the oldest cultivated legume, dating from 8,000 B.C. Close relatives of lentils are dried split peas, which make delicious soups and are the "pease porridge hot" of nursery rhyme fame.
- Navy beans are also known as haricots, Great Northerns, or cannellini. They are the mature, dried, white seeds of the green bean and are probably the most widely used of all the common beans. Their history dates back to the Sunday dinners of the Pilgrims, and they are used today in foods such as Boston baked beans.
- Pinto beans derive their names from the Spanish word for "painted" and have streaks of brownish-pink on their skin, just like the horse of the same name. The pinto is used in South American and Mexican dishes and when cooked, loses its mottled appearance and turns a uniform pink color.
- Soybeans are the hardest of all beans and need the longest soaking and cooking time. More than 55 million tons are grown in the U.S. annually, but only 2 percent is used for human food such as salad oils, margarines, and meat substitutes. Tofu (bean curd), miso (fermented bean paste), soy milk, and soy sauce are other food uses. The majority of soybeans are used as extenders, emulsifiers, and other food additives, as well as in a variety of products, including soap, glue, bottle caps, face powder, and diesel fuel.

Cooking Tips

Dry beans must be soaked before cooking to replace water lost in the drying process; lentils and split peas are "convenience legumes," which require no soaking and short cooking times.

Traditional: Add six cups of water to each pound of dry beans and soak overnight. Drain beans. To cook, add the same amount of water to the soaked beans and simmer on low or medium heat until tender (one to four hours) or according to directions.

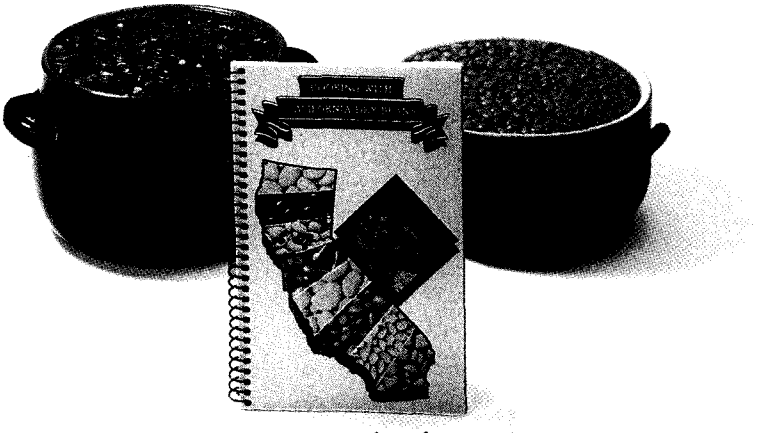
Quicker: For a faster soaking time, bring beans and water to a boil for two minutes and set aside for one hour before draining and cooking as directed.

Quickest: Open a can of beans. One 12½ ounce can equals about 1⅔ cups of beans. Canned beans provide convenience as well as important health benefits; just remember to avoid beans processed with fat or salt.

Beans can be cooked in a crockpot following manufacturers' directions.

continued on page 32

84 ways to make beans exciting.



One way to control the excitement.

California Dry Beans are not only great to cook with, they're healthy, too. Beans are a high fiber, high carbohydrate food. And health organizations advise us to eat less meat and fat and more carbohydrates and fiber. Beans are also affordable, always available – and hard for some of us to digest.

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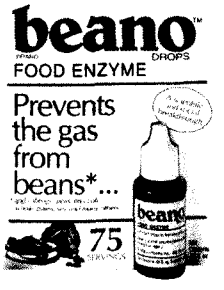

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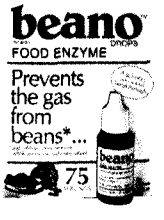

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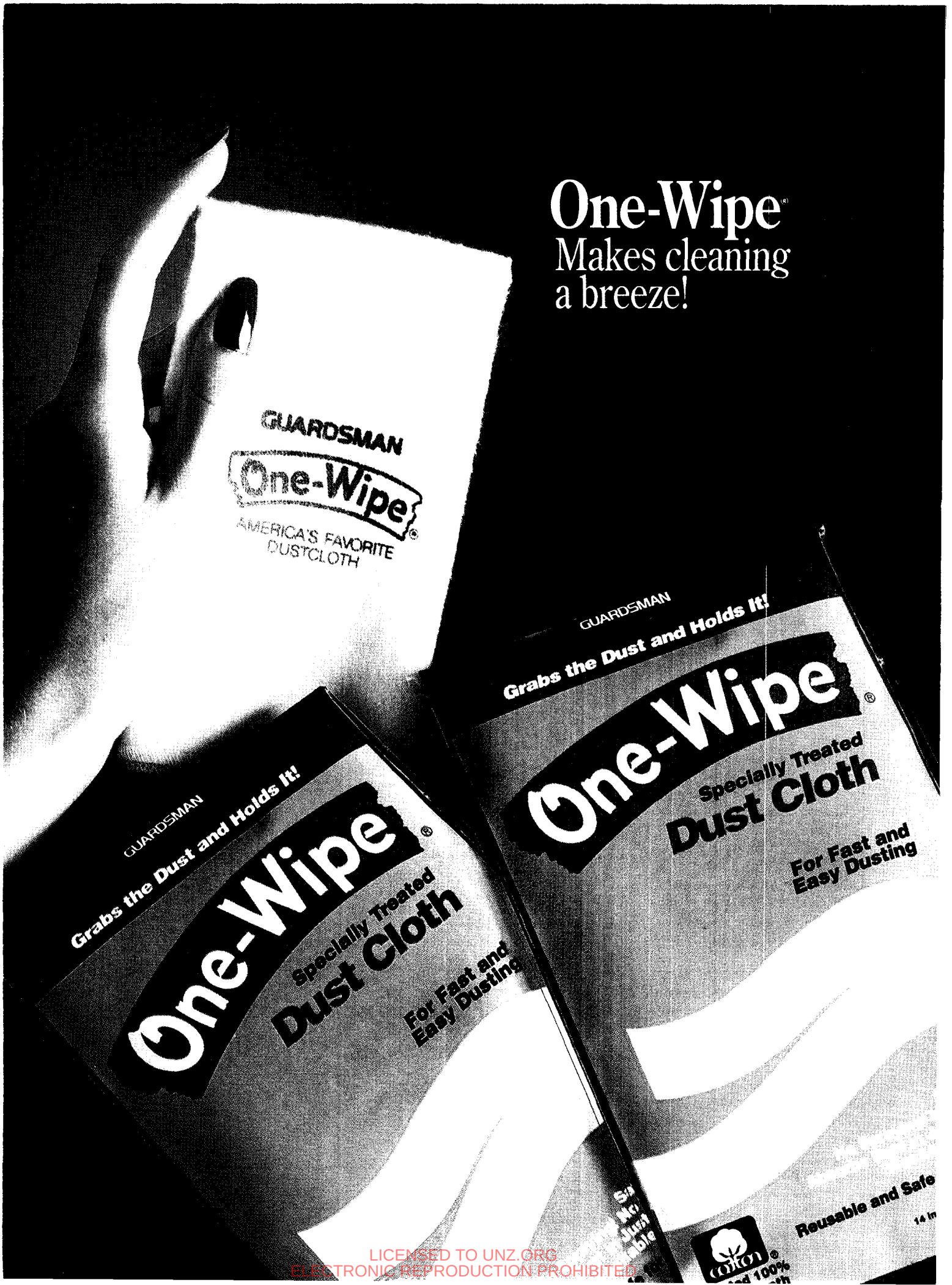

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The perfect pair of home remedies for your family's coffee table!

The old joke about a housewife rearranging dust has lately proven to be anything but funny. The only ones laughing are the dust mites—those not-quite-visible rascals that love to romp in the stuff, eat small flakes of shed human skin, and leave their waste products to play havoc with human allergies.

The poor sufferers, once alerted to the source of their discomfort, don't hesitate to invest in the best air filters to make sure their lungs no longer serve as filtering devices for these repugnant demons of rashes, red eyes, sniffling, and sneezing. Dust mite victims will spend another bunch of bucks for expensive vacuum cleaners that filter the collected dust through water to prevent the dust from simply being "rearranged," as in the case of leaky sweeper bags.

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HEARTBEAT

The Healthy Heart Report

REDUCING THE RISK OF STROKE

A new national strategy of increased physical activity can lead the way to curbing America's high blood pressure epidemic.

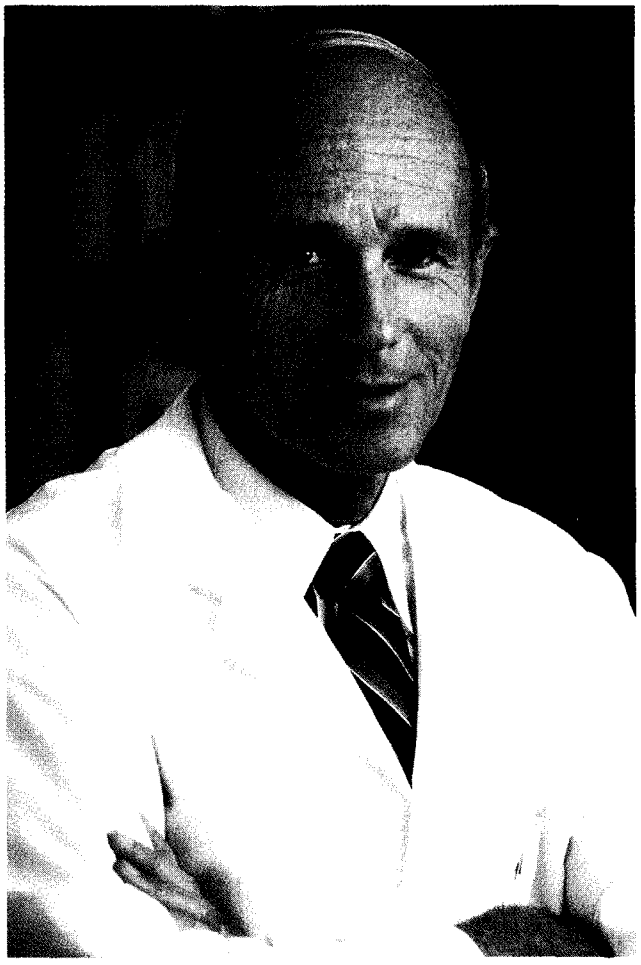
by Carol Krucoff

In a culture of car phones and computerized coffee makers, where pizza makes house calls and fast food franchises penetrate every town, it's no surprise that more than 60 million Americans have high blood pressure, and 2 million more develop the disorder each year.

"Hypertension in the United States is an epidemic," says Dr. Paul K. Whelton, professor of epidemiology and medicine at the Johns Hopkins Medical Institutions in Baltimore. "History teaches us that a disease occurs in epidemic proportions only when large numbers of people are exposed to environmental factors that foster the illness." For high blood pressure, he notes, these factors include physical inactivity, obesity, and excess salt and alcohol consumption.

High blood pressure is the top risk factor for stroke and a major contributor to heart disease and kidney failure, noted Whelton and a host of other prominent physicians who released a new report in October, detailing a national strategy to decrease the prevalence of hypertension in America. Issued on the 20th anniversary of the National High Blood Pressure Education Program—a government and private sector coalition of health organizations—the report is the first national recommendation of this type in any country.

"The complications caused by high blood pressure are insidious, progressive, and costly," says Dr. Claude Lenfant, director of the National Heart Lung and Blood Institute (NHLBI). "And they can begin before blood pressure rises above the normal range. So it is not enough to treat the condition. We need to help Americans avoid its development."



The more physically fit you are, says father of aerobics Dr. Kenneth H. Cooper, the less likely you are to suffer hypertension. His prescription for stroke prevention—regular exercise such as vigorous walking or swimming.

To help prevent high blood pressure, the new report urges Americans to take four steps:

1. *Become physically active.* Regularly perform some moderate-intensity, low-resistance, dynamic exercise, such as walking, cycling, dancing, swimming, or gardening.

2. *Control weight.* The overweight have a two- to six-fold higher risk of developing high blood pressure than those of regular body weight. About 20 to 30 percent of hypertension in the United States can be attributed to this one health problem alone.

3. *Avoid excessive table salt intake.* Consume no more than 6 grams daily.

4. *Avoid excessive alcohol consumption.* Limit alcohol consumption to no more than two drinks daily. About 5-7 percent of hypertension in the United States can be attributed to consumption of three or more alcoholic drinks a day.

Becoming physically active can be central to making all these positive lifestyle changes, experts note, because physical activity can help people lose weight and reduce the stress that can contribute to excess drinking and eating.

High blood pressure is "a disease of civilization" that is a direct result of our sedentary lifestyle, notes Dr. Michael Horan, associate director for cardiology at NHLBI. In societies where people get a great deal of physical activity in their daily lives, he says, "you don't see the prevalence of obesity, hypertension, or high cholesterol."

The idea that inactivity is at the root of much ill health is relatively new.

As recently as 15 years ago, "it was common to tell hypertensives not to exercise because activity elevates the blood pressure," says Dr. Samuel M. Fox, professor of medicine and director of preventive cardiology at Georgetown University Medical Center. While systolic (pumping) blood pressure does

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rise during exercise, he notes, the long-term effect of aerobic exercise can be a small, but significant, reduction in overall blood pressure.

New studies show that regular aerobic exercise may help prevent the development of hypertension, keep those with borderline high blood pressure off medication and, possibly, reduce the hypertensive patient's risk of death.

Exercise is not a panacea, Fox cautions, and should be part of a comprehensive program to lower elevated blood pressure that includes keeping weight down, eliminating cigarettes, and restricting consumption of fat, sodium, and alcohol. But properly supervised by a physician, Fox notes, "Exercise can help some hypertensives cut back or eliminate expensive and troublesome medication. I had one patient in his mid-40s who, over a year and a half, was able to cut out his diuretic and go completely off his beta blocker through a program of regular exercise."

But it is essential that people over 45 and those under 45 with risk factors for heart disease—such as obesity or inactivity—consult a physician before beginning an exercise program because one of the main problems surrounding hypertension is that frequently there are no symptoms until it's too late.

The first sign of trouble is often a heart attack or stroke, notes physician Kenneth Cooper, the man who helped launch America's fitness revolution with his 1968 book *Aerobics*. To defend against this silent killer, Cooper first advises non-drug strategies including regular aerobic exercise, stress management, weight loss, and dietary controls such as reducing sodium intake, restricting alcohol, reducing saturated fat intake, and eating potassium-rich foods. Only if these approaches fail does Cooper encourage use of medication. But, he contends, "an awful lot of people are on medication who don't need it."

In his book, *Overcoming Hypertension*, Cooper writes:

"It's quite easy simply to prescribe a drug that will control or mask hypertension. Unfortunately, that's the approach taken by many physicians with the result that, almost invariably, the patient builds up tolerance to the medication. When this happens, either the dose must be increased, the medication changed, or a combination of medications prescribed. A vicious, seemingly endless cycle may then arise, shifting the patient from medication, to tolerance, to more medication."

Because drugs for high blood pressure can be costly and have significant side effects, Cooper recommends first adopting lifestyle changes that could help prevent or control hypertension without medication. Chief among these is exercise, he says, "since so many times, when people start to exercise, it prompts them to do other things that are good for them. For example, the Centers for Disease Control in Atlanta reports that the best known way to break the cigarette habit permanently is to start an exercise program."

Exercise can help combat high blood pressure in several ways, Cooper says. First, regular aerobic exercise itself has been shown to decrease resting systolic and diastolic blood pressure by about 10 millimeters of mercury. Second, exercise often results in weight loss, which typically produces a decline in blood pressure. Third, aerobic exercise reduces stress, which also may help combat hypertension.

"The more physically fit you are," Cooper says, "the less likely you are to suffer from hypertension. The more sedentary you are, the greater your risk of developing high blood pressure. Regular aerobic exercise, such as jogging, cycling, swimming, and vigorous walking, is one of the most effective non-drug 'medicines' for those at risk for hypertension."

Aerobic activity should be performed regularly—at least three times a week for 20 to 30 minutes per session—to have a beneficial impact on blood pressure. And some muscle-tensing activities, such as heavy weightlifting and highly resistant calisthenics like push-ups, may be dan-

A family that runs together stays together. The entire Kenneth Cooper family believes in the value and joy of running. Tyler, now 21, is a senior at Baylor University, where he captained the cross-country team to its first championship in 71 years. Tyler excels in distance events and has his sights set on the nationals. Daughter Berkley, 27, is an occupational therapist at Scottish Rite Hospital in Dallas, but running remains a daily part of her life. Wife Millie logs in about six miles per day and recently competed in a mini-marathon event. As for Dr. Cooper, he manages to squeeze in 12-15 miles per week despite an extremely busy schedule.

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gerous for people with hypertension. Heavy weightlifting results in an exaggerated increase in blood pressure, notes Cooper, who advises against such activity by anyone, hypertensives and those with normal blood pressure alike. People who do lift heavy weights should have their blood pressure monitored frequently, he says.

Cooper also warns against vigorous aerobic exercise for people with extremely high blood pressure. "Certain people with severe hypertension shouldn't do any strenuous exercise unless their blood pressure can be controlled with drugs," he says. "This is because athletic activity may trigger a serious health complication, like a stroke, for those whose blood pressure remains too high."

Hypertensives whose blood pressure is greater than 175/110 should avoid vigorous exercise, he says, but could do easy walking or swimming with their physician's guidance. Even at lower levels of hypertension, the decision regarding exercise should be made by a physician, says Cooper, who adds these guidelines:

▶ Be sure to have a thorough physical exam before embarking on an exercise program. If hypertension is diagnosed, proceed only with the full knowledge and supervision of your physician.

"Regular aerobic exercise, such as jogging, cycling, swimming, and vigorous walking, is one of the most effective non-drug 'medicines' for those at risk for hypertension."

▶ If your blood pressure is 160/105 or higher, begin an exercise program only after your doctor has started you on appropriate drug therapy. Your response to such therapy will determine the point at which you can embark on an exercise program.

▶ If you are on drugs for hypertension when you begin this program, reduce the dosages of those drugs only with the permission of your physician.

Blood pressure readings may vary considerably during the day in response to such factors as caffeine, smoking, a full bladder, being cold, or even the stress of being in the doctor's office. "So the key to diagnosing hypertension is your average blood pressure, which means the average of multiple readings taken over one to two months," Cooper says.

He advises people with a genetic predisposition to high blood pressure to invest in a home monitor. People with risk factors for the disease, such as family history of hypertension, obesity, high stress, and being sedentary, should begin exercising regularly and eating wisely, he says, before hypertension strikes.

"There's a danger that, as our lives become more pressure-ridden and unliveable, the numbers of those at risk of hypertension will rise," he warns. "We don't just die anymore; we kill ourselves." ❦

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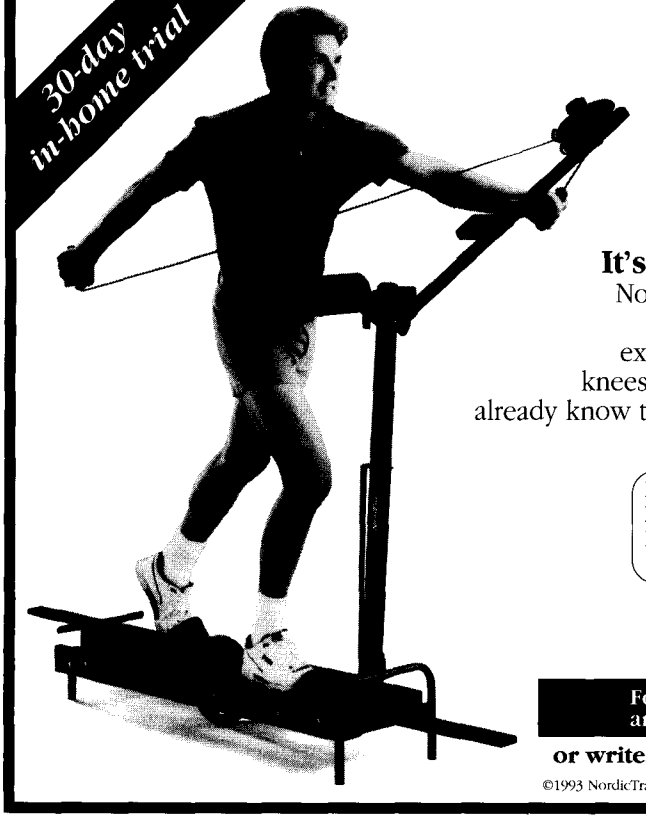

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TAKING A DICTIONARY OUT OF MOTHBALLS

You expect children to grow and fashions to disappear, but why do old words change without warning?

by Wen Smith

Illustration by Don Trawin

Getting up in the morning is a calculated risk. How much will the world have changed since I went to bed? How much of what I learned yesterday will prove no longer true today? Will I survive the shock?

It's not that a night's sleep has compressed Rip Van Winkle's 20 years into seven hours or that the world has skipped a generation between Ted Koppel's "Nightline" and the morning *Times*. It's only that so many of the things I was "keeping up with" have left me behind.

Among such things are the pronunciations of words.

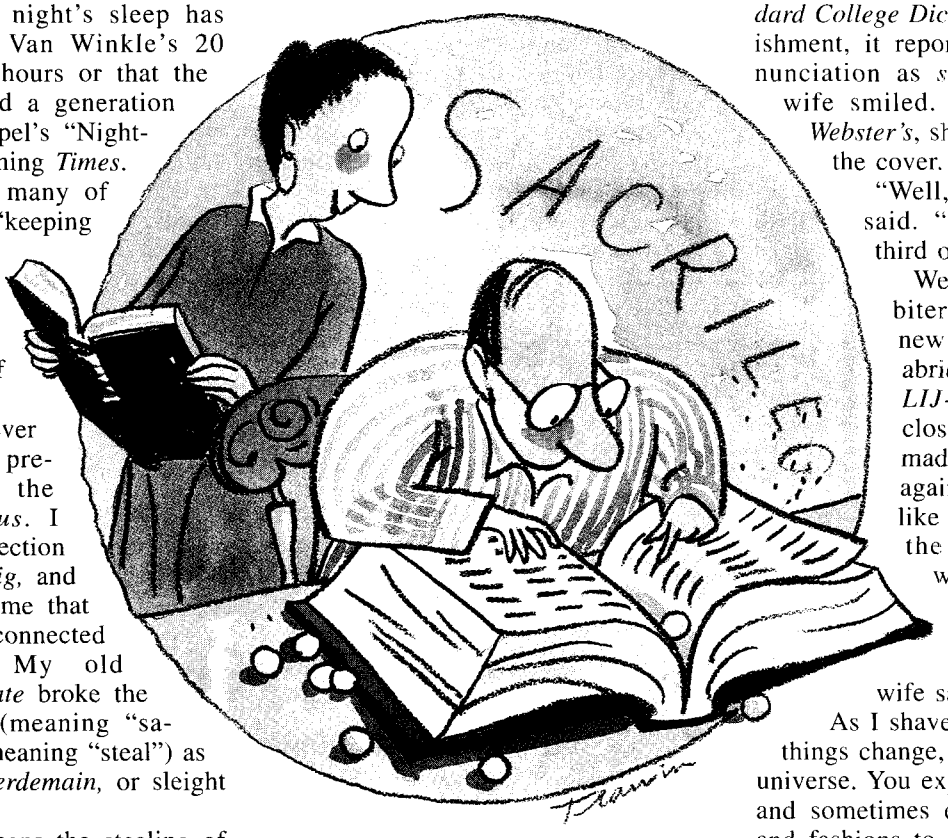
Decades ago, never mind how many precisely, I learned the word *sacrilegious*. I saw that its midsection was *rileg*, not *relig*, and that order tipped me that the word is not connected with *religion*. My old *Webster's Collegiate* broke the word into *sacri* (meaning "sacred") and *lege* (meaning "steal") as in the French *legerdemain*, or sleight of hand.

So *sacrilege* means the stealing of sacred things, taking them out of the temple, profaning them. And my dictionary, telling how the word was used by the savvy, reported the widely preferred *sak-ruh-LEE-juss*.

It still means the same, but many people today pronounce it *sak-ruh-LIJ-uss*, as if it meant throwing some televangelist for a 10-yard loss. They feel the word's connection with the sacred, and they like to hear it, too. People learn words from people, not from dictionaries.

That is, most people. When I was in high school, I started trusting dictionaries instead and went down the garden path.

So I came spinning through the years without much need for the word *sacrilegious*. All the while I comfortably knew its meaning and its pronunciation as I had learned them from Webster. If I ever had to say it out loud, I said, *sak-ruh-LEE-juss*.



That's what I did the other day. A reader had sent in a letter saying one of my comments had been sacrilegious. I read the letter to my wife, pronouncing the word my way.

"You mean *sak-ruh-LIJ-uss*," she said.

We got into it then about which pronunciation was "right." In disputes like that, it's best to have a field judge on hand, so we usually refer to a dictionary.

I say "a" dictionary and not "the" dictionary, because there are a lot of them and they differ. They may not differ like night and day, but at least as much as noon and 3:30. Just to play it safe, I pulled down that same old *Webster's Collegiate* that I bought when I was in high school, the one that I knew would say *sak-ruh-LEE-juss*.

Of course, I was right. It still did.

"Let's get that other dictionary," my wife said, "the one that doesn't smell like mothballs."

By then I was feeling confident, so I got out the more recent one, the blue-covered *Funk & Wagnalls Standard College Dictionary*. To my astonishment, it reported the word's pronunciation as *sak-ruh-LIJ-uss*. My wife smiled. Picking up my old *Webster's*, she blew some dust off the cover.

"Well, it's a tie score," I said. "What we need is a third opinion."

We went to another arbiter, the fresh-smelling new *Random House* unabridged. It said *sak-ruh-LIJ-uss*. I slapped it closed in disbelief. That made it two out of three against me. I had ripped like Van Winkle through the decades, and the word had changed on me.

"Better shave that long beard," my wife said.

As I shaved, I mused over how things change, the instability of this universe. You expect children to grow and sometimes even to mature, fads and fashions to disappear, Model T's to give way to Thunderbirds and Hondas, sweet swing to turn to acid rock. You even accept new words that come out of nowhere. But why do old words change without warning? Is nothing sacred?

At the thought, I nicked my chin slightly and spoke a few choice words of familiar sound.

"Maybe you should get an electric razor," she said.

"Don't be sacrilegious," I said, pronouncing the word her way—but longing for the smell of mothballs.

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POST BOOK SHELF

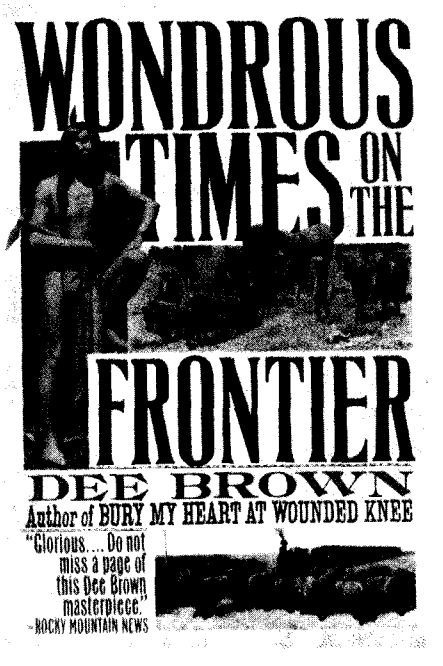
CELEBRATING THE OLD WEST

A rollicking, laugh-filled romp through the American West from the author of Bury My Heart at Wounded Knee.

Wondrous Times On the Frontier
by Dee Brown
324 pages, Harper Perennial, $10

You have read books you couldn't put down, right? Well, this isn't one of them. You'll be putting this one down every few pages to wipe the tears of laughter from your eyes so you can continue reading Dee Brown's 20th work of fact and fiction, bringing to life the wild and wondrous way it was in the Old West.

The 85-year-old author of the best-selling *Bury My Heart at Wounded Knee* has spared no research in exhuming the hardships, challenges, and above all the humor of young America, in his latest book, *Wondrous Times On the Frontier.* This time his cast of characters runs the gamut from the famous and infamous to the obscure, performing on a stage of the joyous frontier, against the backdrop of a harsh and rugged life, making merriment a necessity for survival.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-ROCKY MOUNTAIN NEWS

Consider the story of a paddle wheeler struggling to get up the Missouri during a season of low water. At a particularly bad spot, with the paddle wheel churning wildly, a woodchopper living in a cabin on the riverbank chose that moment to come down for a pail of water. As he turned away with the brimming pail, his action caught the captain's eye. "Hey! You!" the captain shouted. "Put that water back!"

Why would travelers stopping at a tavern on their way west often prefer to sit by the fire rather than "endure the establishment's beds?"

As one pilgrim explained: "I have slept in beds active with snakes, lizards, scorpions, centipedes, bugs, and fleas . . . beds in which men stricken with plague have died horrible deaths—beds that might reasonably be suspected of smallpox, measles, and cholera. Standing, lying down, doubled up and hanging over, twisted, punched, jammed, and elbowed by drunken men, snored at, sat upon, and smothered by nightmare; burnt by fires, rained upon, snowed upon, and bitten by frost." He then suggests that these problems are normal by adding, "In all these positions and subjected to all these discomforts, I have slept with comparative satisfaction."

Food kept harmonious company with these deplorable sleeping conditions. You'll read of sand in the sugar, grasshopper fruitcake, coffee "like a pool of yellow soapsuds," "a conglomerate substance by courtesy called butter," "ham strong enough to perform the labors of Hercules," and corn bread for which the English language "affords no vituperative epithet which can do justice."

Amid the miseries of the traveler made palatable by merriment, was a satiric poster put up by a hotel owner in an effort to "fend off all manners of complaints before they could be uttered"—addressed to adults as well as children:

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"Any guest not getting his breakfast red-hot, or experiencing a delay of 16 seconds after giving his order for dinner, will please mention the fact at the office, and the cooks and waiters will be blown from the mouth of the cannon in front of the hotel.

"Children will be welcomed with delight and are requested to bring hoopsticks and hawkeyes to bang the carved rosewood furniture especially provided for the purpose, and peg tops to spin on the velvet carpets; they will be allowed to bang on the piano at all hours, yell in the halls, slide down the banisters, fall down stairs, carry away dessert enough for a small family in their pockets at dinner, and make themselves as disagreeable as the fondest mother can desire."

Dee Brown's harmonious transitions from quotes to anecdotes on gambling, barroom drinking, and the flourishing of dance halls—said to be "more plentiful than catfish in the Mississippi"—present a picture of the frontier never captured on film or in fiction. You'll have the time of your easy-chair life reading all about it in the chapters headed "There's a One-Eyed Man in the Game" and "Making the Calico Crack."

Tall tales reflecting the capricious climate traveled faster than the amazing "Iron Horse" that whisked passengers along at speeds of up to 25 miles per hour.

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Ray Price

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next day he telegraphed back for his blankets.

How cold did it get? It got so cold that the shouts of a pair of cowboys caught in a blizzard were immediately frozen—and when the thaw came, travelers were frightened by sudden outbursts of profanity coming from the empty air.

It was no tall tale that anyone wearing black clothes walking through the eight inches of white dust on the streets looked like nothing as much as "a cockroach struggling through a flour barrel." Or that a settler in west Texas during the great drought of the 1880s finally abandoned his claim and left this notice scrawled on the door of his shack:

"One hundred miles to Water
Twenty miles to wood
Six inches to hell
God bless our home
Gone to live with the wife's folks."

Under his microscopic probing of the Old West and its miseries made palatable by merriment, Dee Brown had turned up the merriest accounts of self-taught doctors, lawyers, merchants, and thieves, of feuding editors, semiliterate schoolteachers, servants of the Lord with Bibles held open by Bowie knife and pistol. Of theatrical groups forced to contend with audience participation. (During a performance of *Uncle Tom's Cabin*, a cowboy, "becoming quite wrought up over the plight of Eliza being pursued across the ice by a bloodhound . . . drew his pistol and shot the dog dead.")

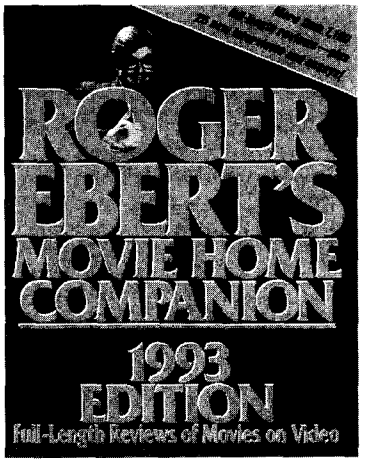
But you get the picture—albeit here in black and white. To see in full color this joyous romp through America's early west, you must read *Wondrous Times on the Frontier* from page one through 324.

If you skip a single page, you'll be the loser. Trust me.

—Maynard Good Stoddard

Roger Ebert's Movie Home Companion, 1993 Edition
by Roger Ebert
872 pages, Andrews and McMeel, $14.95

Movies According to Ebert



In reviewing the 1990 film *The Russia House* starring Sean Connery and Michelle Pfeiffer, Roger Ebert writes, "To judge by this film, the life of a Cold War spy consists of sitting for endless hours in soundproof rooms with people you do not particularly like, waiting for something to happen. Sort of like being a movie critic."

This year, Ebert celebrates his 25th year of sitting in soundproof rooms with *Roger Ebert's Movie Home Companion, 1993 Edition.* Here the movie critic reviews more than 1,100 films released after 1970, as well as 19 restored films originally released before that date (including *Casablanca, Citizen Kane,* and *Singin' in the Rain*).

As a bonus, he offers 16 new "Film Clips," including a posthumous tribute to Hollywood legend Frank Capra and 11 new "Essays" including a short piece entitled "Twenty Reasons Why [Arnold] Schwarzenegger is a Star." (Ebert says the first reason is that "he has a sense of humor and . . . a keen sense of what is funny about himself. We can sense that he realizes the material is not to be taken all that seriously.")

Ebert himself has fun deflating some of moviemaking's more pretentious and/or clichéd aspects in his "Glossary of Movie Terms," comprised of entries from readers. The most popular entry, Ebert says, is "Fruit Cart!"—what experienced moviegoers are supposed to scream when a fruit cart gets overturned during a chase scene. (Likewise, in rural settings, when a character overturns a hay wagon, the sophisticated moviegoer is supposed to shout "Hay Wagon!")

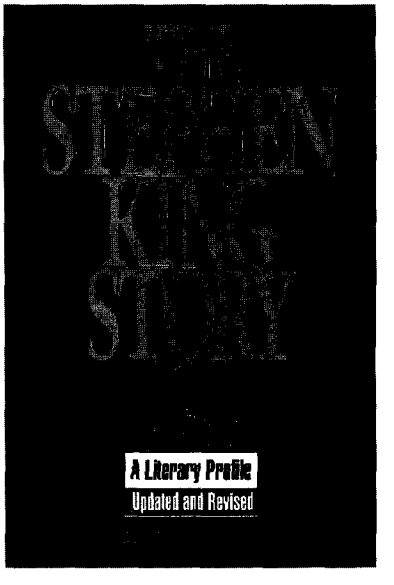
Ebert is no cinema snob, however. He is equally willing to dole out praise to a special-effect-laden blockbuster as to an esoteric art film. Schwarzenegger's *Terminator 2: Judgment Day*, receives a three-and-a-half star (out of a possible four) rating.

Above all, Ebert is a fan of the movies. He even provides readers with a schedule of American and foreign film festivals, encouraging them to plan vacations around these events as an alternative to sitting at home watching videos, which, he feels, is stifling. "The single most important factor in learning to be literate about movies is to be part of an audience that is sophisticated about them," he writes.

—Jack Gramling

The Stephen King Story
by George Beahm
330 pages, Andrews and McMeel, $9.95

The Maestro of the Macabre



One night during the early 1950s, little Stephen King noticed a stack of used paperback books piled alongside the family TV set. When he asked his mother, a single woman raising two boys, why she had bought them, she replied that, for her, they were "a pile of cheap, sweet vacations" from the 45-50 hour workweeks she was forced to endure in various dead-end jobs.

Today, Stephen King's "vacations" are hardly sweet—nor are they cheap (his latest, *Dolores Claiborne*, lists at $23.50). Nevertheless, King has sold nearly 150 million copies of his published books (36 to date, including short story compilations, limited-edition novels, and one nonfiction tome, 1981's *Danse Macabre*) worldwide. Nearly all of his fiction has

continued on page 90

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SWISS BREAK THROUGH GUARANTEES . . .

YOU'LL NEVER SUFFER FROM FOOT PAIN AGAIN!

END SORE, ACHING FEET — INSTANTLY!

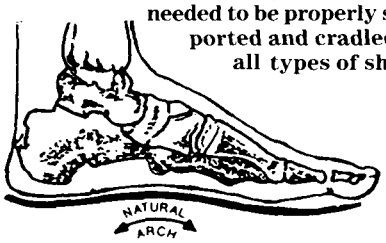
Which of these foot ailments cause you pain?

- ☐ Corns
- ☐ Calluses
- ☐ Bunions
- ☐ Flat Feet
- ☐ Pain in the Balls of Your Feet
- ☐ Burning Nerve Endings
- ☐ Cramping
- ☐ Painful Ankles
- ☐ Hammertoes

If you suffer from one or more of these problems, then you owe it to yourself to try the remarkable "FOOT CRADLES". Foot Cradles are an amazing discovery from Switzerland. They are guaranteed to end foot pain instantly, or your money back. Does it sound too good to be true? *Please read on.*

good to

A Foot Specialist in Switzerland knew, that to end foot pain, the foot needed to be properly supported and cradled in all types of shoes.



Since nothing he tried before ever gave long-lasting relief from pain, he set out to solve the problem himself.

His efforts produced, the remarkably effective, "FOOT CRADLE" insole support.

Already, millions of men and women have found blessed relief from their foot pain with "FOOT CRADLES".

"I can hardly believe something so simple could work so well. Now, I believe in Foot Cradles! Thank you for ending my foot pain." B.J. Boise, ID

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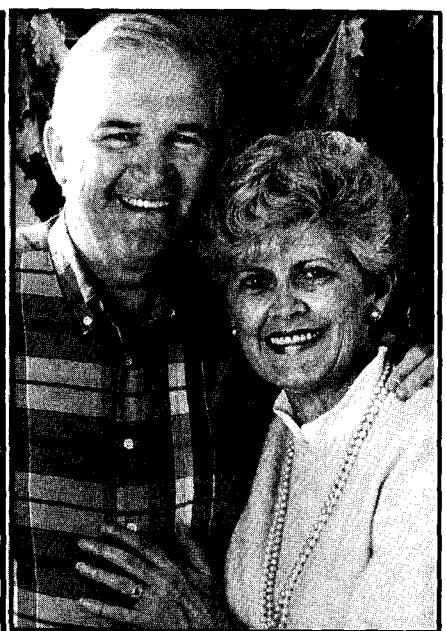


So simple, it's ingenious! The secret of "FOOT CRADLES" lies in its unique, contoured design. It works together with your foot in any pair of shoes you wear. "FOOT CRADLES" are made in Europe from genuine leather. Though they weigh less than one ounce, "FOOT CRADLES" help support your full body weight. Just as your weight shifts naturally as you walk, so do "FOOT CRADLES". They apply the natural laws of foot motion to relieve your burning, aching feet.

"I use 'FOOT CRADLES' in all my shoes. They're that good . . . and comfortable. I get instant relief just like you promised." J.M. St. Louis, MO

"FOOT CRADLES" slip easily into any pair of shoes you own — high heels, work shoes, boots, sport shoes, sneakers and sandals. They're so comfortable, you won't realize you're wearing them.

And once you start walking or running, you'll feel the difference immediately. Suddenly you no longer wince with each step. Your foot pain completely disappears.

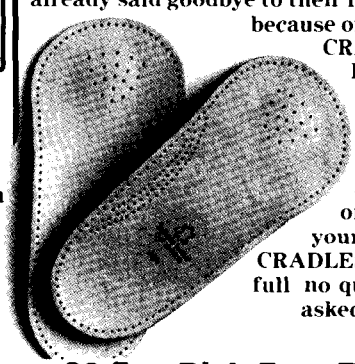
"I took you up on your Guaranteed RISK-FREE Offer, and 'FOOT CRADLES' have been relieving my foot pain ever since." E.C. Memphis, TN

Now see how "FOOT CRADLES" will work for you. Test them in your own shoes for 30 days . . . without risk!

100% GUARANTEED!

You must walk in total comfort — without pain — just as we've promised or they cost you nothing.

Join the millions of people who've already said goodbye to their foot pain because of "FOOT CRADLES". Remember you must walk in total comfort or return your "FOOT CRADLES" for a full no questions asked refund.



30-Day Risk-Free Trial

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Seattle, WA 98103-8881

YES! Rush my "FOOT CRADLES" on the RISK FREE 30-DAY GUARANTEE.

Important: Please indicate shoe sizes(s) below:

☐ Women's Size(s) ____ ☐ Men's Size(s) ____

☐ 1 pair for $19.95 plus $1.50 postage/handling.

☐ 2 pair for $37.90 (Save $5) postage/handling FREE.

WA residents add 8.2% sales tax.

$ _____ payment enclosed.

Charge my ☐ VISA ☐ MasterCard

Card # _____

Exp. Date _____

Print Name _____

Address _____

City _____ State _____ Zip _____

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HEARTBEAT

continued from page 19

Using a microwave oven can save time and energy. To one cup soaked beans, add enough water to cover. The beans will expand upon cooking, so be sure to use a bowl with extra space.

Cover the beans during cooking with a fitted glass lid or plastic wrap. Follow recipes developed for your particular microwave oven.

A bit of bean arithmetic: one cup of dry beans is equal to about three cups cooked; one pound of dry beans is about six cups cooked.

In Search of the "Social" Bean

"I like beans, but they don't like me" is a common remark from potential bean-eaters. Flatulence and gastrointestinal distress occur after eating beans because humans generally lack the enzymes needed to digest certain complex bean sugars known as oligosaccharides. When these undigested sugars reach the intestine, they are broken down by bacteria, producing carbon dioxide, hydrogen, and other gases. There are several ways to minimize this problem.

- Don't go overboard on beans. Gradually add them to your diet by starting with ½ cup cooked portions one or two times per week. The body will adjust soon to the increased fiber intake. Also, chew beans thoroughly and drink adequate fluids, which will help your gastrointestinal system handle the increased dietary fiber.
- Proper cooking and soaking methods can rid beans of most of their gas-producing potential. To eliminate 90 percent of the gas-producing sugar in beans, use the "traditional" soaking method described above. Don't cook beans in the soaking liquid because the gas-producing sugars have been leached into the water.
- A new enzyme preparation, BEANO by AkPharma Inc., has been developed to relieve the gas and bloating some individuals experience when beginning a high-fiber diet. A few drops of this product may be added to the first bite of beans, and it goes to work digesting the previously indigestible sugars.
- Genetic engineers are working on new varieties of "gasless beans."

Healthy, Economical, and Delicious

Low in fat and cholesterol, high in fiber, packed with protein, vitamins, and minerals—beans are an important part of the health-promoting diet of the '90s. Health concerns have prompted 65 percent of consumers to increase their intake of fiber from foods such as beans, according to a recent Gallup survey. Are you ready to enjoy the health benefits of beans?

"Hi, Jack—I see your wife's staying with her mom again!"

♥ ♥ ♥

Fiesta Black-eyed Pea Dip
(Makes 8 cups)

1 cup low-salt V-8
15-oz. can black-eyed peas, drained
15½-oz. can white hominy, drained
1 cup chopped red onions
1 cup chopped green bell pepper
¼ cup fresh or 2 tablespoons dried cilantro or parsley
2 cups mild salsa
4-oz. can diced mild green chiles
2 medium tomatoes, chopped
2 garlic cloves, minced
1 tablespoon cider vinegar
1 cup celery, chopped
½ teaspoon red pepper

In medium bowl, combine all ingredients; mix well. Cover; refrigerate at least 2 hours, stirring occasionally. For salad, serve ½ cup. For dip, mix in blender and serve with tortilla chips.

Per serving (½ cup):
Calories: 46 Carbohydrate: 9.2 gm
Cholesterol: 0 mg Protein: 1.8 gm
Sodium: 201 mg Fat: 0.2 gm
Total Fiber: 1.1 gm
Diabetic exchange: ½ bread

♥ ♥ ♥

Chili Bean Salad
(Makes 10 cups)

16-oz. can kidney beans
16-oz. can pinto beans
16-oz. can garbanzo beans
16-oz. can unsalted whole kernel corn or fresh corn
½ cup chopped green onions
¼ cup chopped parsley
1 cup sliced celery
4-oz. can diced green chilies, drained

Drain and rinse beans and corn. Combine all ingredients.

Dressing:
2 tablespoons vegetable oil
¼ cup vinegar
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon oregano leaves
¼ teaspoon ground cumin
¼ teaspoon black pepper (to taste)

Mix all ingredients together. Pour dressing over salad, mix well, and chill 6 hours or overnight, stirring several times.

Per Serving (½ cup):
Calories: 98 Carbohydrate: 16.0 gm
Cholesterol: 0 mg Protein: 8.1 gm
Sodium: 215 mg Fat: 2.0 gm
Total fiber: 3.5 gm
Diabetic exchange: 1 bread + ½ fat

♥ ♥ ♥

Cool Mediterranean Salad
(Makes 8 cups)

2 cups precooked Great Northern beans, drained and rinsed
3 cups shredded green cabbage
½ cup chopped celery
2 medium-sized apples, cored and chopped

continued on page 103

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Advertisement

If you don't have a Will...

Read this:

Accidents and death can strike any of us at any time regardless of our age. And should it happen before we've written a Will or living trust our loved ones will inherit a big financial mess -- regardless of how little our estate may be.

First, the courts will step in to take control of your savings, property, all your assets and debts. Probate can slice up to 10% or so from your estate.

Next, the court will appoint an administrator to manage affairs and pay off creditors. They generally get up to 5% of your estate in fees a year!

Finally, after months or years, the court decides who shares and gets your home, car, bank account and everything else in your estate-- according to their formulas rather than your wishes.

Sound horrible? It's a living nightmare for your family! All because you put off writing a simple legal document.

What can the average wage earner do to avoid such a disaster? Plenty! We have shown hundreds of thousands of people just like you how to avoid huge probate settlement fees by setting up their own legal living trust. It's simple.

If you do have a Will...

Read this:

Did you know that having only a Will may be one of the biggest financial mistakes we can make? It's true. Because a Will doesn't protect our loved ones against paying huge fees to probate even the smallest estate.

Probating a Will can slice away up to 10% from your estate and take months or years before your heirs get one penny.

Never forget that probate lawyer and executor fees -- usually 4% to 6% are paid before your heirs receive their inheritance. That can take a huge amount out of even the smallest estate when attorneys charge from $60.00 to $150.00 an hour or more.

Look what happened to Simon Morris's $77,500 estate. Before his widow could receive it, the probate process grabbed $9,375.

The pity of it is that the Morris's could have avoided the high cost of sharing their estate by using a revocable living trust. Unlike a Will, a living trust passes every cent on to your loved ones without any delay -- and without going through the courts or attorneys. We have shown hundreds of thousands of people just like you how to set up your own legal living trust. Read on to save thousands.

How A Living Trust Saves You Thousands

A living trust has been praised by our nation's leading financial planners and reported in publications such as The Wall Street Journal, Money Magazine, Business Week, Kiplinger's Changing Times and others because:

- It eliminates costly, time-consuming probate and legal fees. The estate goes at once to whomever you name.
- You can name yourself as trustee in most cases, and your spouse or someone else as co-trustee. And you can change trustees at any time.
- A living trust is revocable. You can change your mind at any time about who shares your estate.
- Unlike a Will where your estate is a public record for anyone to see, a living trust is secret.
- Your family suffers no settlement delays -- assets are transferred at once without going through the court.

If you think a living trust is only for the rich you couldn't be more wrong. It's not only for millionaires. Actually the small estate saves more on a percentage basis than the large one.

And you can save even more because we have shown hundreds of thousands of people just like you how to set up a living trust. You can do it with the DSA Living Trust Kit.

The DSA Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. Using easy-to-understand English and easy-to-follow illustrated forms it shows you how to set up your own legal living trust.

You can custom-tailor a legal trust to meet all your special personal wishes to heirs and bequests to charities, etc. As Dale Eklund of Virginia writes: "If my father-in-law had only taken the time to look into a living trust we could have saved time and money."

Though DSA's exclusive Living Trust Kit will save your heirs thousands of dollars later on -- we have kept the price especially low so everyone can benefit from it. You will find it so invaluable that we insist you use it on a 90-Day No Risk Trial.

To get your complete Kit simply print your name and address and the words "living trust" on a plain piece of paper. Send it along with your check or money order in the amount of $9.95 plus $2 handling or charge to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W4231, 708 - 12th Street N.W., Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W4231.

Want to save even more? Do a favor for a relative or close friend and order a second Kit. That's 2 for only $20 postpaid. Use your Kit for 90 risk-free days. Show it to your lawyer or advisor. If not 100% delighted--don't keep it. Simply tear off the cover and send half of it back for a full refund. Fair enough?

Legal form books - even samples - have been challenged under an unusual Texas law. Therefore, DSA has prepared a special form free Trust Kit for Texas residents only. It's yours for $7.95 plus $2 handling.

A living trust is too important to put off another day... For your family's future well-being order the DSA Kit by phone or mail now!

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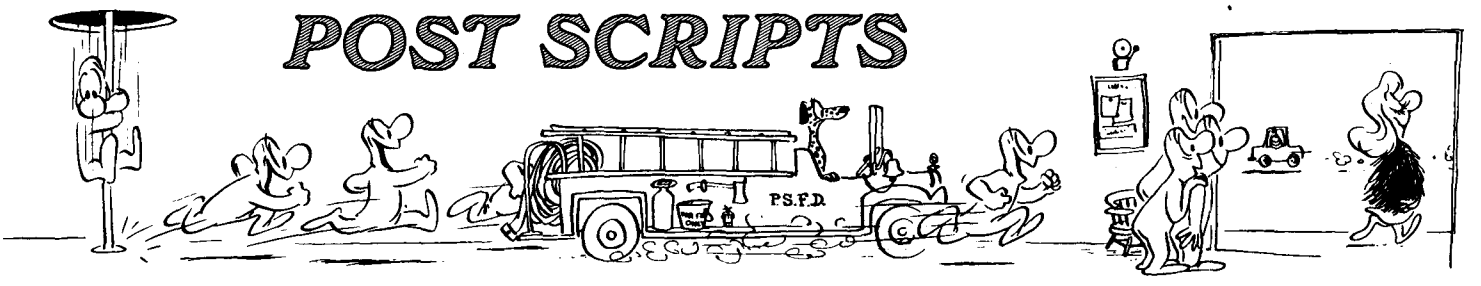


Book End

Drowning in a sea of books—
What a happy way to go!
I'd rather read myself to death
Than any other way I know.

—Shirley Miller Newborg

Where There Is Hope

When I reach the age of Senility,
I pray I retain the Ability,
To act with rational Stability,
And, possibly, even Virility.

—Robert J. Gaurnier

A Bird in the Hand

Our Golden Years are when we enjoy the happy results of all those wise decisions we made 30, or 40, or 50 years earlier.

—Leo H. Swart

Buying Time

Father: "I'm keeping a record of your school years."

Son: "In a scrapbook?"

Father: "No, in my checkbook!"

—Pat Juenemann

Equal to a Snack in 2001

Human beings seem to be getting physically stronger. A few years ago it took two grownups to carry $75 worth of groceries. Now a young child can do it.

—Sam Ewing

Dollar Diplomacy

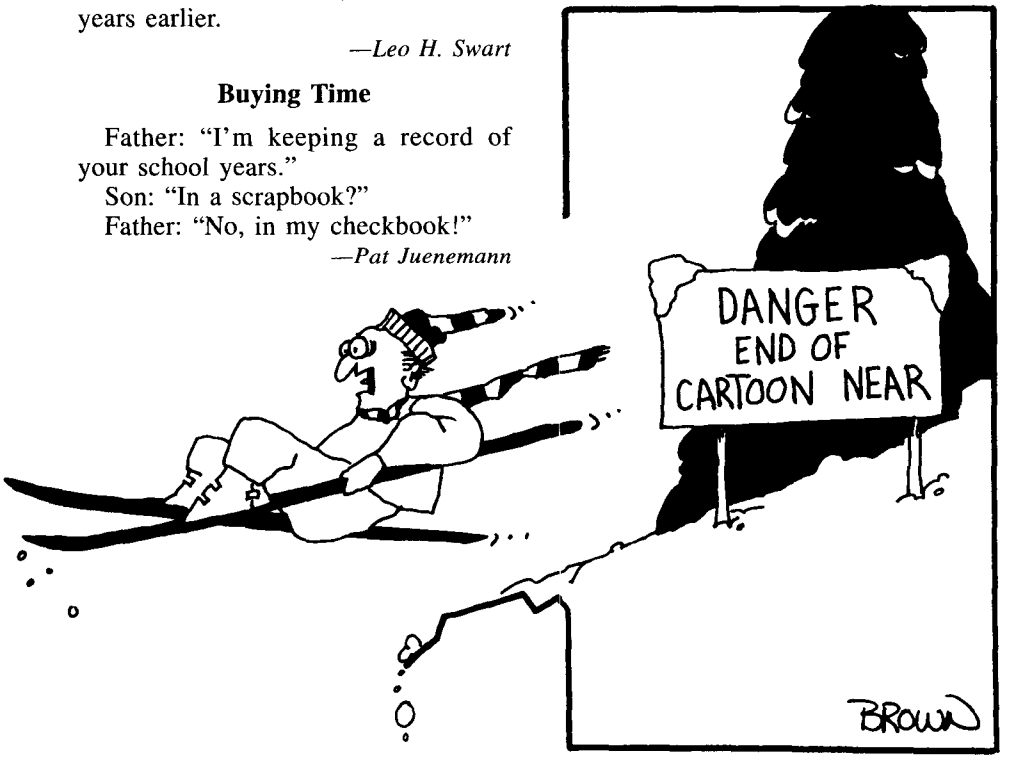
The lawyer agrees with the doctor that the best things in life are "FEE."

—Laurie Baker

At Least It's Not Sticky

The wonderful thing about gravity is it is so extremely attractive.

—Lakenan Barnes



Deep Thought

Two philosophers were engaged in a deep discussion as to where the sun was when it sets. They pondered throughout the night, and then finally it dawned on them.

—Ardis Gossard

Consequence

"Absence makes the heart grow fonder,"
Is only true for those who wander.
"Out of sight is out of mind,"
Is true for those they leave behind.

—Betty Lapham

Did You Hear the One...

A good listener may be thinking of something else.

—Sam Ewing

Jest Perfect

I play no poker
I shoot no dice
I'm never bad
I'm always nice
I never drink
I never curse
I'm always better
I'm never worse
I never scowl
I never frown
I always smile
I play the clown
I go to bed early
I never rise late
I always know
The time and date
I know for sure
I'll go to Heaven, but
Mom says who can tell
I'm only seven!

—Don D. Ireland

Faultless to a Fault

Boss to employee: "Cooper, after reviewing this report, it's obvious you have two problems. First, you take no pride in your work. And second, you have absolutely no reason to."

—JoAnn Ridings

Big Show-Off

My uncle from Texas is always bragging:
That's where women are women and men are men,
And I keep reminding him that we have
The same arrangement in Michigan.

—Olga McCoy

Female Advice

Most men admire smart clothes on their secretaries, conservative styles on their wives, and aprons on their daughters.

—Don Marshall

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Fears before Malpractice

I think it quite prudent
for a medical student
to avoid the fruit of original sin;
for an apple a day
keeps the doctor away,
what an inauspicious way to begin.

—Lawrence Schimel

What Is Beauty?

For the up-to-date woman, a dress is something that goes in one year and out the other.

—Morrie Gallant

God Bless the USA

The difference between communism and democracy is plenty.

—Thomas LaMance

No Stone Unturned

After every session of Congress it becomes harder to believe there are still some unwritten laws.

—Marlys Huffman

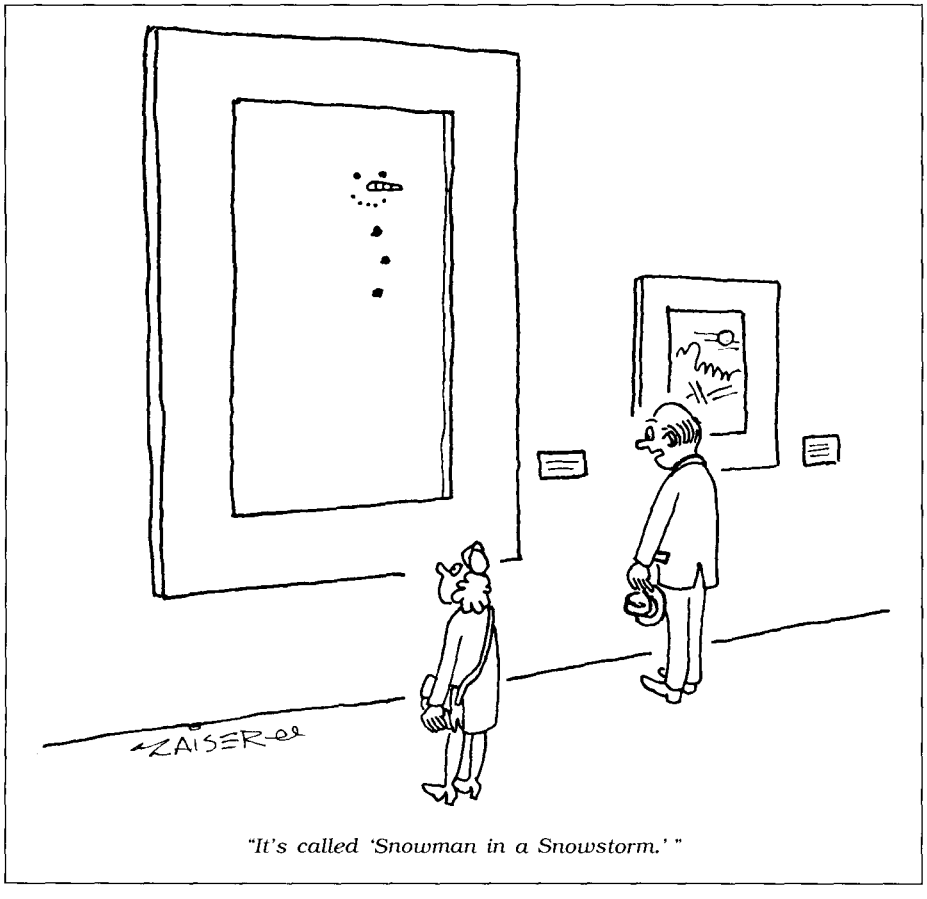
Holey Matrimony

A young man came home from work and found his bride upset. "I feel terrible," she said. "I was pressing your suit and I burned a hole in the seat of your trousers."

"Forget it," consoled her husband. "Remember that I've got an extra pair of pants for that suit."

"Yes," his bride answered. "And it's lucky that you have. I used them to patch the hole."

—Ardis Gossard



"It's called 'Snowman in a Snowstorm.'"

The Grass Is Greener

The world always looks like a better place from a golf course.

—Al Batt

Glibberig
(A Dutch word meaning slithery, slippery, greasy, slimy)

All glibberig the slimy snail
on glibber he himself secretes
from glib glands hid in head and tail
ad libs his own white sticky streets.

Some humans, too, improve their fate
by dipping tongues in glibberig's cup
employing glibness to create
a social path to glibber up,

and glibberated thus advance
where others of us fail to glide;
our fate, oh woeful circumstance:
unsalivated underside.

—Gerald George

Bent but Not Broken

A bachelor is a person who has not learned the facts of wife.

—Carroll Schauer Karch

The Power of Paper

Contracts are agreements made up of big words and little type.

—Sam Ewing

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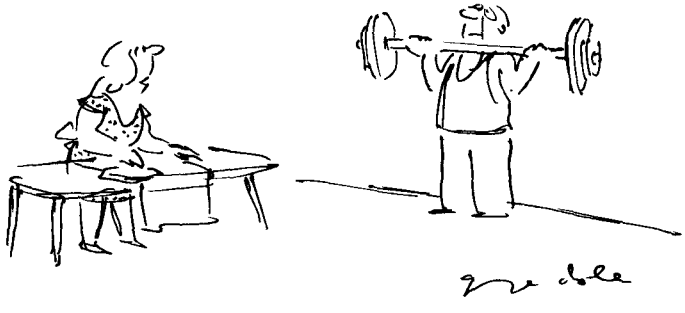
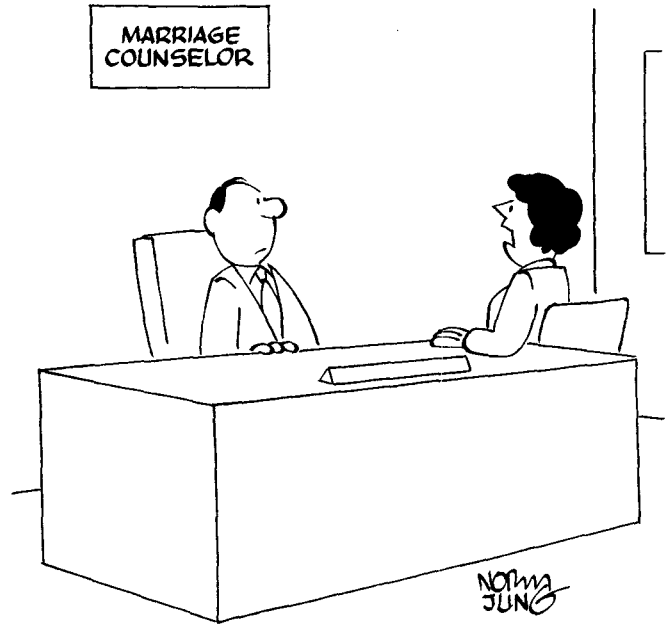
COMMUNICATION BREAKDOWN

"Of course I can use an iron, and I can putt, too."

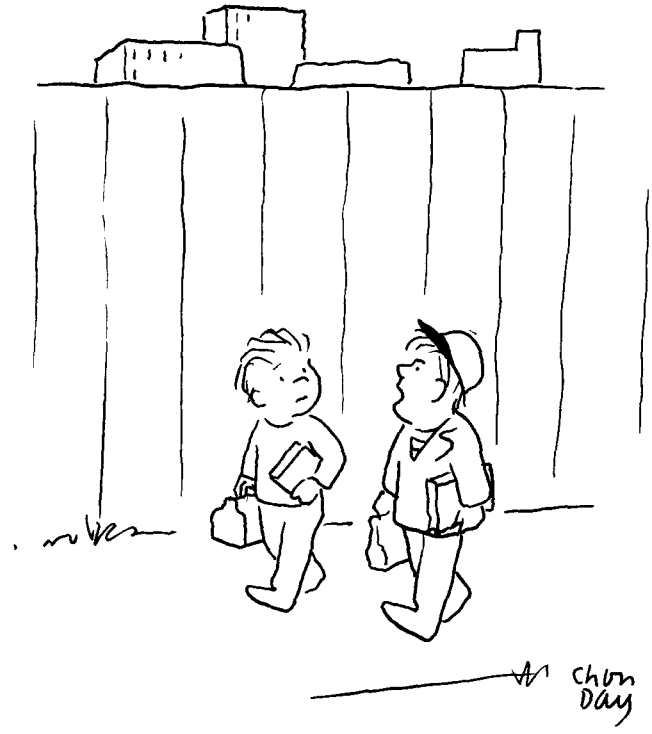
"You'll like him, Marcie. Tom told me your date is in professional sports."



"What's the big deal? I've been pumping iron for years!"



"No, I'm not married. That's what I wanted to see you about."



"First they tell you you're guaranteed privacy under the Constitution, and then they send a report card to your parents."

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Good Clean Fun

Keep your whole family in giggles and guffaws with *The Best Cartoons from the Saturday Evening Post*. For the first time in over 70 years, the magazine's best cartoons have been collected into one hilarious yet wholesome volume.

The perfect addition to coffee table or nightstand, *The Best Cartoons from the Saturday Evening Post* makes a great gift for anyone who enjoys a hearty "hardy-har-har!"

The Best Cartoons from the Saturday Evening Post. Pick up a copy today just for laughs.

Available at fine bookstores including B. Dalton BOOKSELLER and Waldenbooks

Zondervan

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Often described as quiet, Tipper has a quick wit that delighted members of the "Gore Corps" during the campaign. On the stump she liked to focus on issues related to children.

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TIPPER GORE: THE VICE PRESIDENT'S FIRST LADY

Knowing firsthand that 'it's not easy being a kid today,' concern for today's children tops her list of priorities.

by Gail McKnight

It was another grueling day along the Clinton-Gore campaign trail. Tipper Gore had already tapped her toes to bluegrass and shaken the hands of an endless line of firefighters, but she was especially "up" that day and an idea was percolating in her mind.

What if an anonymous admirer were to call her spouse on the "Larry King Live" show airing later that night and flirt with the vice presidential candidate? What would Al's reaction be? Tipper decided to find out. First, she called the producer and told him, "Don't tell Al or Larry King." She then worked on disguising her voice.

Neither Gore nor King had any idea who was on the line when a rehearsed Tipper phoned the show.

"Hi, Senator Gore, I know I probably shouldn't say this, but I think you're a very handsome man," the "mystery" caller said. "Are you available for a date sometime?"

A very surprised Al Gore blushed, stammered, then quickly but politely refused.

"We had an absolute belly laugh," recalls Jean Nelson, Tipper's campaign director and an attorney with the Tennessee Attorney General's Office. "That famous Ashville call to 'Larry King Live' is the quintessential Tipper."

"We had a good time during the campaign," Nelson adds, "and that was one of the things Tipper really wanted to do. She felt that the spirit of the campaign could be helped by a focus on humor."

Evidently her strategy worked.

Born Mary Elizabeth Aitcheson in August 1948 to John "Jack" and Margaret Ann Aitcheson, she was dubbed "Tipper" by her mother early on: a nickname derived from a favorite nursery rhyme.

An only child, Tipper was raised by her mother and grandmother. Her father owned a large and successful plumbing supply business: he has since remarried and today is on happier terms with Tipper and her own family.

"Sometimes it is better for people to divorce," Tipper reflects now. "It was a motivating factor for me. I learned that it takes a lot of hard work to make a relationship work. Fortunately, I found a man early on with whom I fell in love at first sight and am still in love with today. Our marriage represents a lot of loving work on both sides."

Tipper met her future husband in high school. At a graduation party held in St. Albans, Al asked the young lady to dance, and romance began. Gore invited Tipper Aitcheson on a date. She accepted. Several dates later, the two began talking marriage. They have been together 28 years.

Vice President Gore introduces his wife as "the most important person in my life." On the campaign trail, re-

The Hillary-Tipper friendship was cemented during a six-day campaign tour on a 40-foot bus. Several joint appearances were scheduled when Democrat strategists noted the popularity of the twosome. Says Hillary: "Tipper is a wonderful partner—somebody who sees the world as I do."

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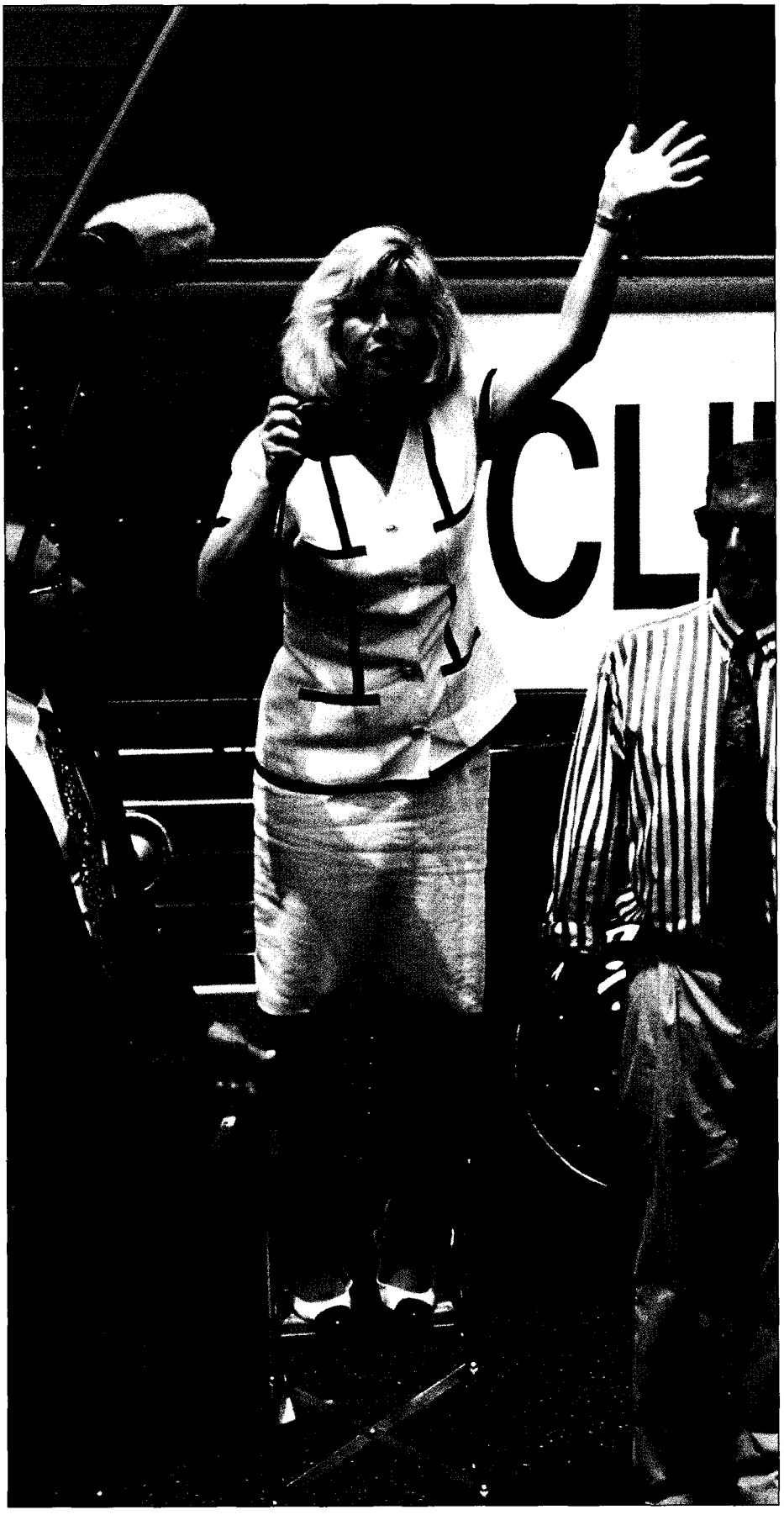

Recording a presidential election is a notch or two above the assignments she drew several years ago as a young newspaper photographer in Tennessee. Among her first "models": A groundhog looking for its shadow.

porters more than once glimpsed them snuggling on the bus.

While Tipper attended Boston College, Al was at Harvard. They married after college in 1970. While Al served in Vietnam, Tipper protested the war. Gore's father, former U.S. Senator Albert Gore Sr., lost a heated re-election bid over his opposition to the Vietnam conflict.

Disillusioned with politics and distraught over what he had witnessed during his stint in Vietnam, Al Gore Jr. and his wife moved their family back to the small town of Carthage, about 40 miles outside of Nashville, Tenn. Here, he took a job as a reporter at *The Tennessean* newspaper, eventually entering Vanderbilt University's Divinity School before deciding to tackle politics himself. Tipper also worked at the newspaper as a part-time photographer—an avocation she rekindled with zeal during last summer's presidential campaign, snapping what some professionals call the most coveted inside shots of the entire campaign. During this time, she also earned a master's degree in psychology from George Peabody College in Nashville.

Tipper Gore's outside activities have never impinged on her most coveted role as a mother. She keeps a close watch over their four children: Karenna, 19; Kristen, 15; Sarah, 14; and Albert III, 10.

"If 'Leave It to Beaver' were still on television today, Beaver would be a latchkey kid and Eddie Haskell would be dealing drugs," she says. "It's not easy being a kid today."

During the campaign, she insisted her schedule allow return trips to Arlington or to Carthage every Friday night to spend the weekend with her children.

Tipper's protectiveness of her children led to her much-publicized founding of the Parents Music Resource Center in 1985. That high-profile organization pushed the music industry to voluntarily place warning labels on records containing explicitly sexual or violent lyrics.

Tipper began the campaign after listening to Prince's *Purple Rain* album that she bought for her then 11-year-old daughter and being shocked by sexually explicit lyrics in the song "Darling Nikki." Her friends warned her that her stance on music labels might be "misinterpreted," says Natalie Dunning, a writer who has

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known the Gores since they all worked together at *The Tennessean*. Indeed, the music industry responded by complaining of censorship and government control. Recently, Tipper met with industry executives to "clear the air of misunderstandings of [her] efforts." Censorship was never the intent of her crusade against rock music lyrics. Rather the purpose of the PMRC was to keep parents aware of their children's environment.

Tipper is ". . . a natural activist," says Dunning. "If something affects her kids, she is not just going to sit around and talk about it. She gets involved and makes something happen. She really believes she can make a difference, and she does."

For the record, Tipper Gore is no stranger to rock music. She played the drums in an all-girl garage band called "The Wildcats" during high school.

"I got a set when I was 14," Mrs. Gore remembers, "and just started to play in the house to the stereo." Still a rock and jazz fan, Gore listens to Grateful Dead albums on occasion. As for the rest of the clan? "We have a wide range of music in our home from classical to rap."

At the heart of her various crusades is concern for today's children. In 1987, in her ongoing push for parental knowledge, she published a book titled *Raising PG Kids in an X-Rated Society.*

"A stable family is an ethic to work toward and gift to be valued," Tipper states. "Loyalty, solidarity, flexibility, and accountability are what makes a family work.

"Certainly that is what I try to portray to my children. It is important that they know what is expected of them, and that they be held accountable, whether it is walking the dogs or taking out the trash. There needs to be some responsibility," she says, quickly adding, "I'm also very flexible and very forgiving."

Tipper has raised her own children with structure, boundaries, and rules. When little, the kids went to their rooms for "time out" if tempers exploded or rules were broken. Now the Gores withdraw privileges as punishment.

"It works," she says. "And it's not done in anger. It's done to impress on them the expectations that we want them to honor. In a way, we are teaching them how to deal with their own emotions."

Married since 1970, the Gores still hold hands in public and often are the first on the dance floor when the music begins. The vice president introduces Tipper as "the person who's most important in my life."

"The key to making a large family work, or any family, but certainly our family, is communication," Gore stresses. "We have family meetings once a week. We try to do it on Sunday so everybody can talk about the coming week and what's ahead, so we can all focus on it."

The close-knit family's darkest hour arrived in 1989. Leaving the opening-day Orioles game in Baltimore, son Albert was hit by a car.

Vice President Gore remembers looking down and seeing death in his young son's eyes that day. Amazingly, the critically injured little boy survived. But the accident and the slow healing process transformed their lives for the next year.

During the first three months, Tipper and Al Gore wearily alternated round-the-clock shifts at his side at John Hopkins Children's Center in Baltimore. The trauma, unfortunately, had just started.

Natalie Dunning recalls a visit she and her husband, Frank Sutherland, made to Albert's hospital room.

"He was immobilized," she remembers. "He was in a lot of pain, and was on medication. The room was crowded with all kinds of gifts. We

continued on page 77

In spite of her family's high profile, Tipper is committed to an as-normal-as-possible lifestyle for offspring Karenna, Kristen, Sarah, and Albert III. On the Washington scene, the Gores are the "insiders," while the Clintons are the new couple in town.

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TOMORROW

". . . only a life can pay for the life it takes;
the one death is only half complete."

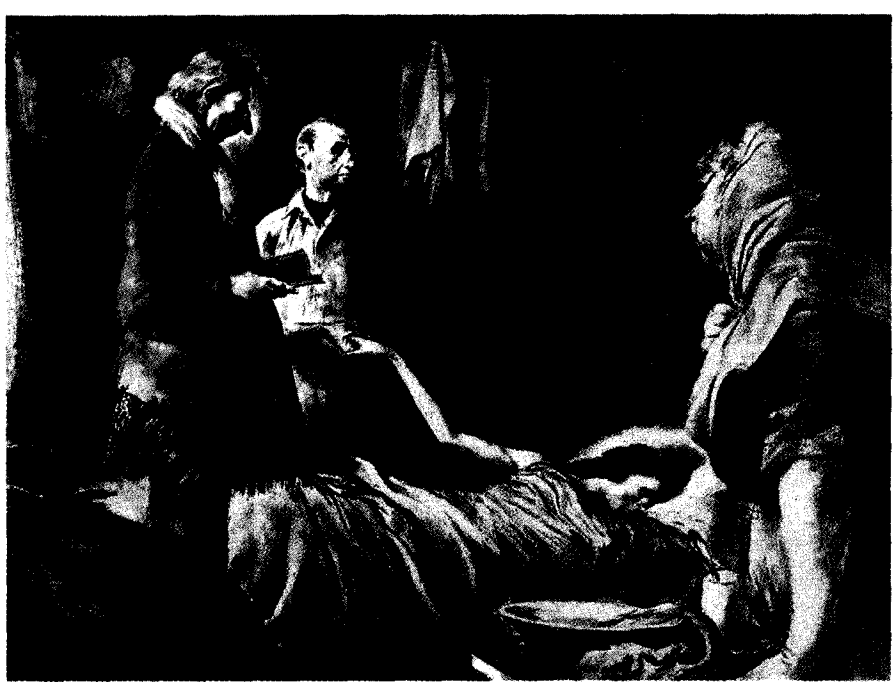
by William Faulkner

Illustration by Floyd Davis

Uncle Gavin had not always been county attorney. But the time when he had not been was more than 20 years ago, and it had lasted for such a short period that only the old men remembered it, and even some of them did not. Because in that time he had had but one case.

He was a young man then, 28, only a year out of the state university law school where, at grandfather's instigation, he had gone after his return from Harvard and Heidelberg; and he had taken the case voluntarily, persuaded grandfather to let him handle it alone, which grandfather did, because everyone believed the trial would be a mere formality.

So he tried the case. Years afterward he still said it was the only case, either as a private defender or a public prosecutor, in which he was convinced that right and justice were on his side, that he ever lost. Actually he did not lose it—a mistrial in the fall court term, an acquittal in the following spring term—the defendant a solid, well-to-do farmer, husband, and father, too, named Bookwright, from a section called Frenchman's Bend in the remote southeastern corner of the county; the victim a swaggering bravo calling himself Buck Thorpe and called Bucksnort by the other young men whom he had subjugated with his fists during the three years he had been in Frenchman's Bend; kinless, who had appeared overnight from nowhere, a brawler, a gambler, known to be a distiller of illicit whiskey and caught once on the road to Memphis with a small drove of stolen cattle, which the owner promptly identified. He had a bill of sale for them, but none in the country knew the name signed to it.



"He rid seven miles to Preacher Whitfield's and brung Whitfield back about daylight, and Whitfield married them."

And the story itself was old and unoriginal enough: The country girl of 17, her imagination fired by the swagger and the prowess and the daring and the glib tongue; the father who tried to reason with her and got exactly as far as parents usually do in such cases; then the interdiction, the forbidden door, the inevitable elopement at midnight; and at four o'clock the next morning Bookwright waked Will Varner, the justice of the peace and the chief officer of the district, and handed Varner his pistol and said, "I have come to surrender. I killed Thorpe two hours ago." And a neighbor named Quick, who was first on the scene, found the half-drawn pistol in Thorpe's hand; and a week after the brief account was printed in the Memphis papers, a woman appeared in Frenchman's Bend who claimed to be Thorpe's wife, and with a wedding license to prove it, trying to claim any money or property he might have left.

I can remember the surprise that the grand jury even found a true bill; when the clerk read the indictment, the betting was 20 to one that the jury would not be out 10 minutes. The district attorney even conducted the case through an assistant, and it did not take an hour to submit all the evidence. Then Uncle Gavin rose, and I remember how he looked at the jury—the 11 farmers and storekeepers and the 12th man, who was to ruin his case—a farmer, too, a thin man, small, with thin gray hair and that appearance of hill farmers—at once frail and work-worn, yet curiously imperishable—who seem to become old men at 50 and then become invincible to time. Uncle Gavin's voice was quiet, almost monotonous, not ranting as criminal-court trials had taught us to expect; only the words were a little different from the ones he would use in later years. But even then, although he had been talking to them for only a year, he could already talk so that all the people in our coun-

"We lifted him clean off the ground, holding him, or trying to. 'Stop it, Jackson!' I says. 'Stop it! They got the law!' "

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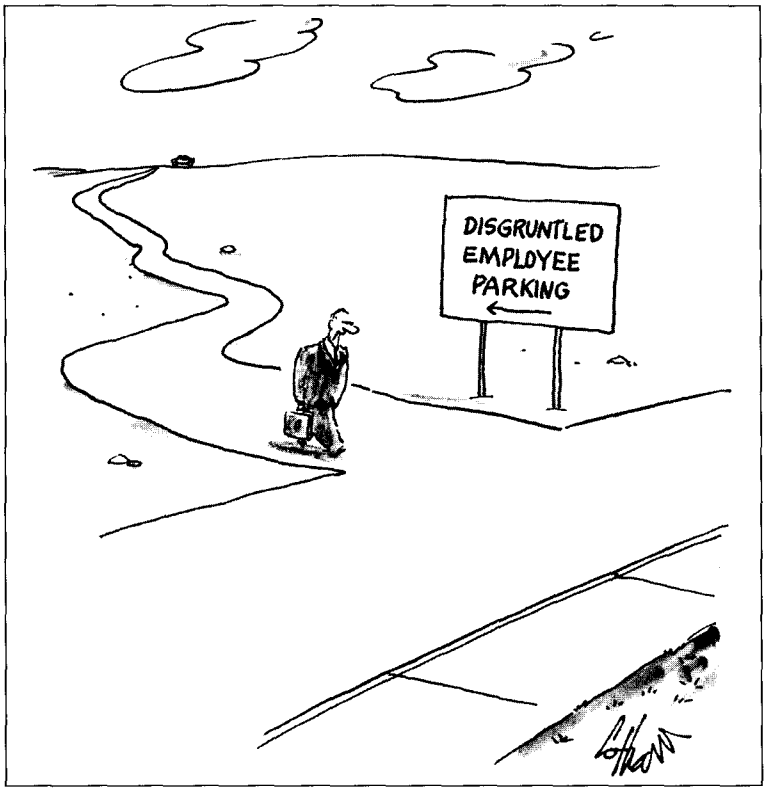
try—the Negroes, the hill people, the rich flatland plantation owners—understood what he said.

"All of us in this country, the South, have been taught from birth a few things which we hold above all else. One of the first of these—not the best; just one of the first—is that only a life can pay for the life it takes; that the one death is only half complete. If that is so, then we could have saved both these lives by stopping this defendant before he left his house that night; we could have saved at least one of them, even if we had had to take this defendant's life from him in order to stop him. Only we didn't know in time. And that's what I am talking about—not about the dead man and his character and the morality of the act he was engaged in; not about self-defense, whether or not this defendant was justified in forcing the issue to the point of taking life, but about us who are not dead and what we don't know—about all of us, human beings who at bottom want to do right, want not to harm others; human beings with all the complexity of human passions and feelings and beliefs, in the accepting or rejecting of which we had no choice, trying to do the best we can with them or despite them—this defendant, another human being with that same complexity of passions and instincts and beliefs, faced by a problem—the inevitable misery of his child who, with the headstrong folly of youth—again that same old complexity which he, too, did not ask to inherit—was incapable of her own preservation—and solved that problem to the best of his ability and beliefs, asking help of no one, and then abode by his decision and his act."

He sat down. The district attorney's assistant merely rose and bowed to the court and sat down again. The jury went out, and we didn't even leave the room. Even the judge didn't retire. And I remember the long breath, something, that went through the room when the clock hand above the bench passed the 10-minute mark and then passed the half-hour mark, and the judge beckoned a bailiff and whispered to him, and the bailiff went out and returned and whispered to the judge, and the judge rose and banged his gavel and recessed the court.

I hurried home and ate my dinner and hurried back to town. The office was empty. Even grandfather, who took his nap after dinner, regardless of who hung and who didn't, returned first; after three o'clock, and the whole town knew now that Uncle Gavin's jury was hung by one man, 11 to one for acquittal; then Uncle Gavin came in fast, and grandfather



said, "Well, Gavin, at least you stopped talking in time to hang just your jury and not your client."

"That's right, sir," Uncle Gavin said. Because he was looking at me with his bright eyes, his thin, quick face, his wild hair already beginning to turn white. "Come here, Chick," he said. "I need you for a minute."

"Ask Judge Frazier to allow you to retract your oration, then let Charley sum up for you," grandfather said. But we were outside then, on the stairs, Uncle Gavin stopping halfway down, so that we stood exactly halfway from anywhere, his hand on my shoulder, his eyes brighter and intenter than ever.

"This is not cricket," he said. "But justice is accomplished lots of times by methods that won't bear looking at. They have moved the jury to the back room in Mrs. Rouncewell's boardinghouse. The room right opposite that mulberry tree. If you could get into the back yard without anybody seeing you, and be careful when you climb the tree——"

Nobody saw me. But I could look through the windy mulberry leaves into the room, and see and hear, both—the nine angry and disgusted men sprawled in chairs at the far end of the room; Mr. Holland, the foreman, and another man standing in front of the chair in which the little, worn, dried-out hill man sat. His name was Fentry. I remembered all their names, because Uncle Gavin said that to be a successful lawyer and politician in our country you did not need a silver tongue nor even an intelligence; you needed only an infallible memory for names. But I would have remembered his name anyway, because it was Stonewall Jackson—Stonewall Jackson Fentry.

"Don't you admit that he was running off with Bookwright's 17-year-old daughter?" Mr. Holland said. "Don't you admit that he had a pistol in his hand when they found him? Don't you admit that he wasn't hardly buried before that woman turned up and proved she was already his wife? Don't you admit that he was not only no-good but dangerous, and that if it hadn't been Bookwright, sooner or later somebody else would have had to, and that Bookwright was just unlucky?"

"Yes," Fentry said.

"Then what do you want?" Mr. Holland said. "What do you want?"

"I can't help it," Fentry said. "I ain't going to vote Mr. Bookwright free."

And he didn't. And that afternoon Judge Frazier discharged the jury and set the case for retrial in the next term of court; and the next morning Uncle Gavin came for me before I had finished breakfast.

"Tell your mother we might be gone overnight," he said. "Tell her I prom-

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ise not to let you get either shot, snake-bit or surfeited with soda pop. . . . Because I've got to know," he said. We were driving fast now, out the northeast road, and his eyes were bright, not baffled, just intent and eager. "He was born and raised and lived all his life out here at the very other end of the county, 30 miles from Frenchman's Bend. He said under oath that he had never even seen Bookwright before, and you can look at him and see that he never had enough time off from hard work to learn how to lie. I doubt if he ever even heard Bookwright's name before."

We drove until almost noon. We were in the hills now, out of the rich flat land, among the pine and bracken, the poor soil, the little tilted and barren patches of gaunt corn and cotton that somehow endured, as the people they clothed and fed somehow endured; the roads we followed less than lanes, winding and narrow, rutted and dust choked, the car in second gear half the time. Then we saw the mailbox, the crude lettering: G. A. FENTRY; beyond it, the two-room log house with an open hall, and even I, a boy of 12, could see that no woman's hand had touched it in a lot of years. We entered the gate.

Then a voice said, "Stop! Stop where you are!" And we hadn't even seen him—an old man, barefoot, with a fierce white bristle of mustache, in patched denim faded almost to the color of skim milk, small, thinner even than the son, standing at the edge of the worn gallery, holding a shotgun across his middle and shaking with fury or perhaps with the palsy of age.

"Mr. Fentry——" Uncle Gavin said.

"You've badgered and harried him enough!" the old man said. It was fury; the voice seemed to rise suddenly with a fiercer, an uncontrollable blaze of it: "Get out of here! Get off my land! Go!"

"Come," Uncle Gavin said quietly. And still his eyes were only bright, eager, intent, and grave. We did not drive fast now. The next mailbox was within the mile, and this time the house was even painted, with beds of petunias beside the steps, and the land about it was better, and this time the man rose from the gallery and came down to the gate.

"Howdy, Mr. Stevens," he said. "So Jackson Fentry hung your jury for you."

"Howdy, Mr. Pruitt," Uncle Gavin said. "It looks like he did. Tell me."

And Pruitt told him, even though at that time Uncle Gavin would forget now and then and his language would slip back to Harvard and even to Heidelberg. It was as if people looked at his face and knew that what he asked was not just for his own curiosity or his own selfish using.

"I'll count to three, and then we'll throw a lot of money at the problem."

"Only ma knows more about it than I do," Pruitt said. "Come up to the gallery."

We followed him to the gallery, where a plump, white-haired old lady in a clean gingham sunbonnet and dress and a clean white apron sat in a low rocking chair, shelling field peas into a wooden bowl. "This is Lawyer Stevens," Pruitt said. "Captain Stevens' son, from town. He wants to know about Jackson Fentry."

So we sat, too, while they told it, the son and the mother talking in rotation.

"That place of theirs," Pruitt said. "You seen some of it from the road. And what you didn't see don't look no better. But his pa and his grandpa worked it, made a living for themselves and raised families and paid their taxes and owed no man. I don't know how they done it, but they did. And Jackson was helping from the time he got big enough to reach up to the plow handles. He never got much bigger than that neither. None of them ever did. I reckon that was why. And Jackson worked it, too, in his time, until he was about 25 and already looking 40, asking no odds of nobody, not married and not nothing, him and his pa living alone and doing their own washing and cooking, because how can a man afford to marry when him and his pa have just one pair of shoes between them. If it had been worthwhile getting a wife a-tall, since that place had already killed his ma and his grandma both before they were 40 years old. Until one night——"

"Nonsense," Mrs. Pruitt said. "When your pa and me married, we didn't even own a roof over our heads. We moved into a rented house, on rented land——"

"All right," Pruitt said. "Until one night he come to me and said how he had got him a sawmilling job down at Frenchman's Bend."

"Frenchman's Bend?" Uncle Gavin said, and now his eyes were much brighter and quicker than just intent. "Yes," he said.

"A day-wage job," Pruitt said. "Not to get rich; just to earn a little extra money maybe, risking a year or two to earn a little extra money, against the life his grandpa led until he died between the plow handles one day, and that his pa would lead until he died in a corn furrow, and then it would be his turn, and not even no son to come and pick him up out of the dirt. And that he had traded with a man to help his pa work their place while he was gone, and would I kind of go up there now and then and see that his pa was all right."

"Which you did," Mrs. Pruitt said.

continued on page 90

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THE SATURDAY EVENING
POST
JULY 22, 1950 15¢

We're Betting Our Shirts on the Atomic Submarine
By Vice-Adm. Charles Lockwood (Ret.)

Grandma Gloria Swanson Comes Back

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The American Illustrators Hall of Fame

CHILDREN WILL BE... WELL, CHILDREN

Post cover artists take advantage of their easels to record the pangs of parenthood—which perhaps they know only too well.

Although we haven't taken an actual count, *Post* cover artists over the years leaned heavily toward babies and toddlers for inspiration. Whether or not the artist enjoyed the convenience of having children in his own home, he had only to observe them in action or listen to the complaints of a father or mother at a family get-together or during the office coffee break before the seeds of an idea for the easel began germinating in his fertile mind.

From the *Post* archives of inspirations by Rockwell, Dohanos, Welch, Briggs, and others, we have selected a precious few. If the covers you remember are not among them, please forgive us. But if you can't decide which among your own children is your favorite, you will understand our dilemma.

What sounded so logical in the book of "Hints to the Baby Sitter" doesn't end up being so easy in practice. Norman Rockwell's frustrated young lady seems to be frantically scanning the book to see whether she has overlooked the paragraph explaining where to find the on/off switch to the baby's wailerator. Let's hope that her employers get home soon so she can give her aching ears a rest.

There are two lessons to be gained in artist Stevan Dohanos' depiction of what should have been a relaxing day at the beach. First, children learn by example. Second, children will begin making a mess as soon as you take your eye off them.

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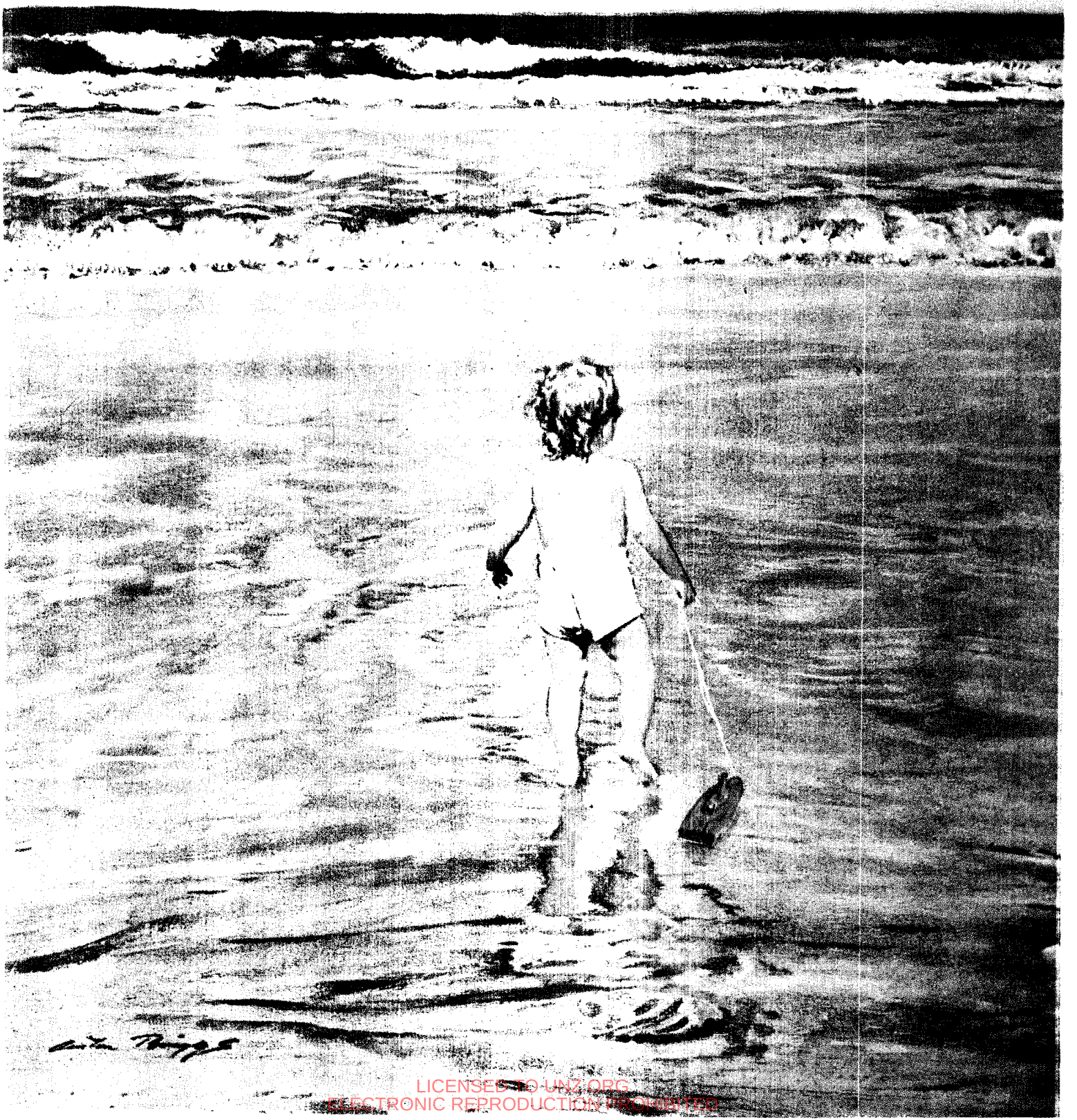
THE SATURDAY EVENING
POST
JUNE 23, 1945

VICTIMS OF ARTHRITIS: TAKE HOPE!
By Steven M. Spencer

LET'S EXAMINE OUR SANTA CLAUS COMPLEX
By William Vogt



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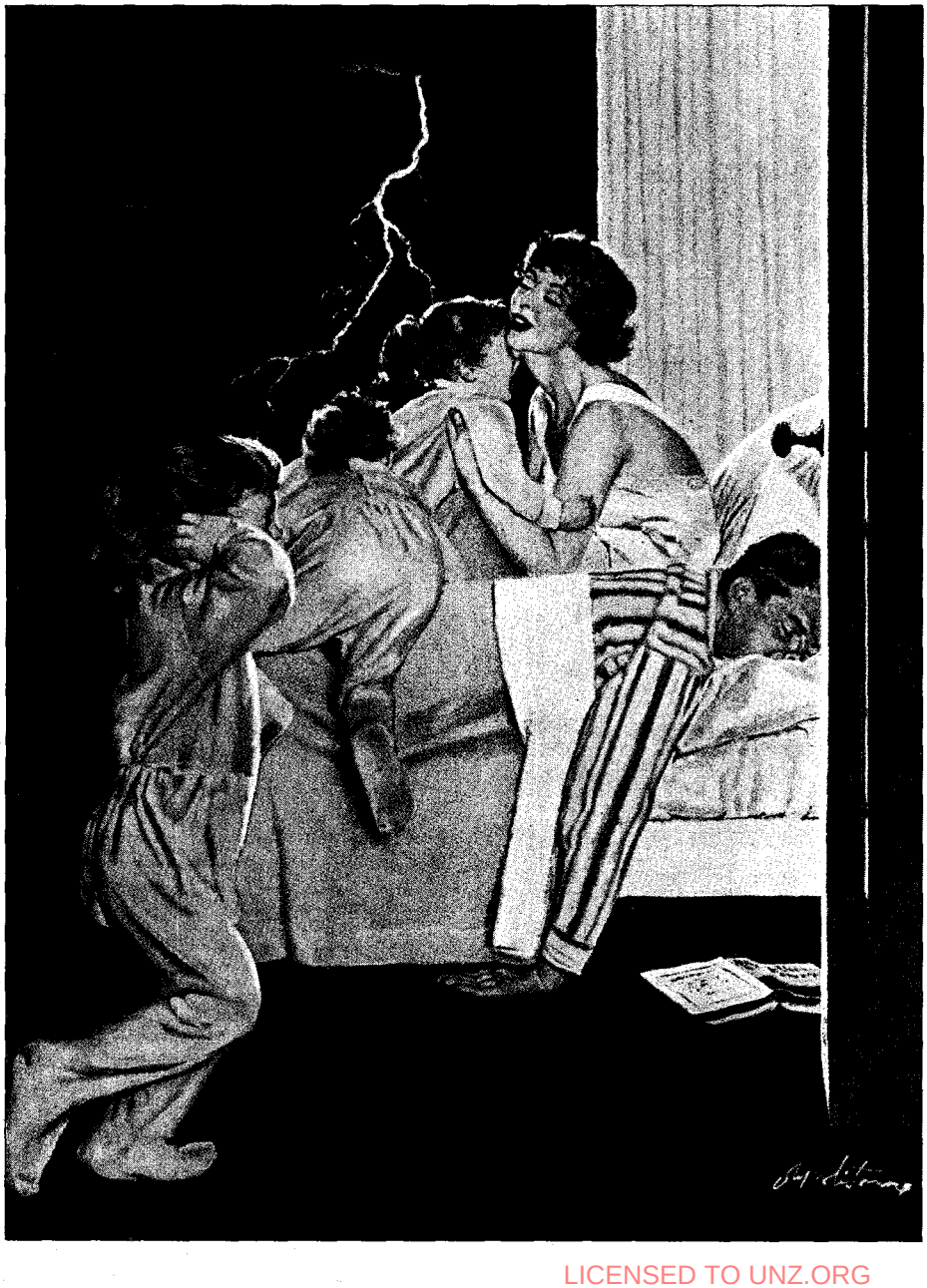
Given the opportunity to go anywhere they want, small children will always be drawn to the most dangerous thing around. We're not sure whether they are drawn by the sense of discovery and adventure or whether it's just to hear their parents scream in horror. Artist Austin Briggs assured us that this little sailor didn't make it much farther before mother ferried her back to safety.

When you're a little guy, the time it takes to grow up seems to take forever. Although he grew half an inch last month, this fella in Dick Sargent's cover illustration can't wait till he's as big as dad. With help from the handy table lamp, his vision of the future is observable now. And you know what? He's even bigger than dad.



The Saturday Evening
POST
February 7, 1953 15¢
An Eyewitness Report of a Terrifying Feat:
WE CLIMBED THE "MOST SAVAGE" MOUNTAIN

Parents of young children learn ways to minimize the hassles and destruction of the pick-it-up-and-throw-it-down phase of life. Dinnertime is no exception. Artist Jack Welch illustrates how a young couple can still enjoy an elegant dinner by candlelight—using only half the table. A sense of obliviousness to the fussbudget to their side also helps.

Remarkable, isn't it? While artist Coby Whitmore's fierce thunderstorm rattles the windows and shakes the walls, frightening these adorable triplets half to death, dad sleeps undisturbed. Luckily, the girls find comfort and reassurance in mother's waiting arms.

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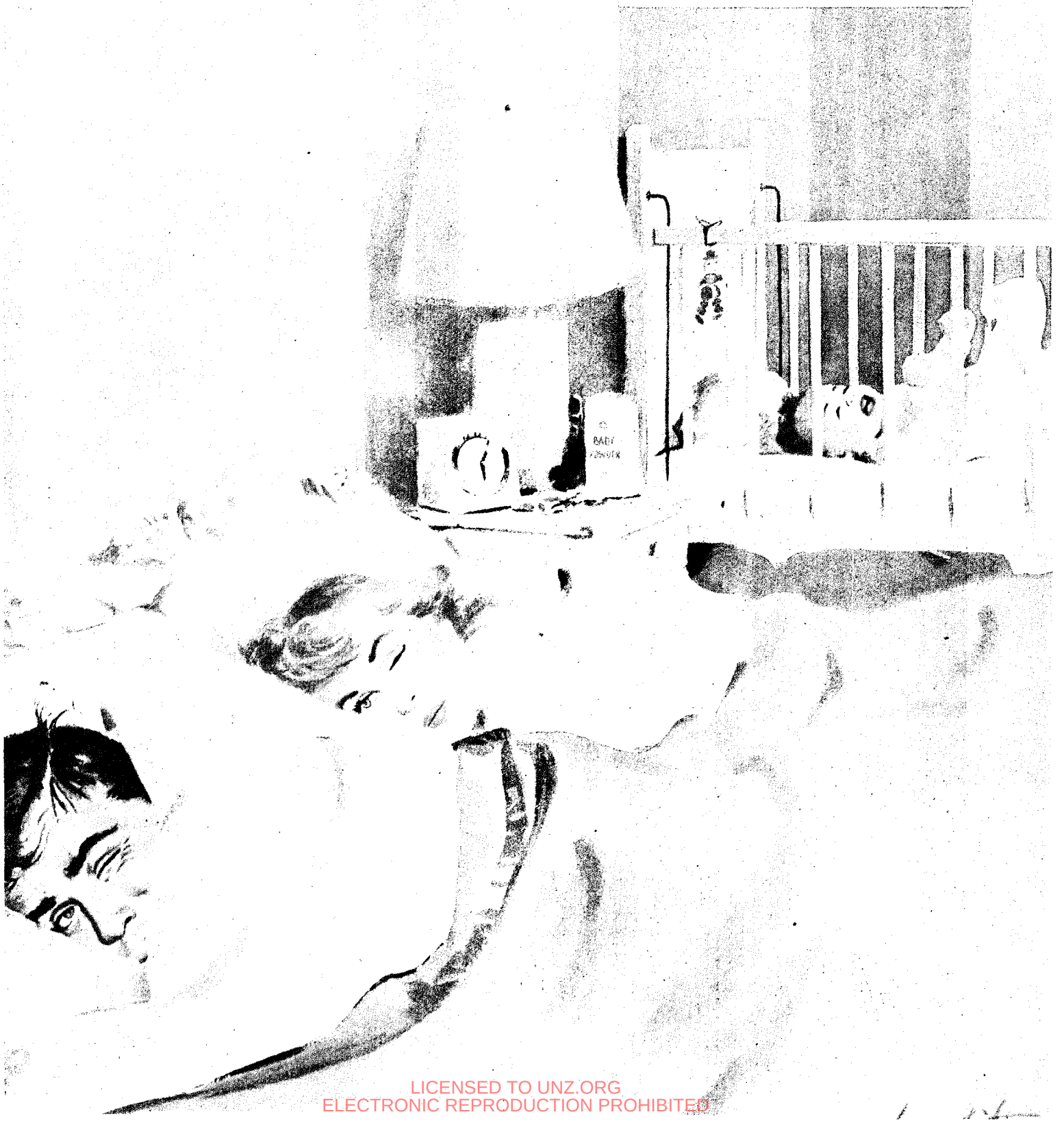
THE SATURDAY EVENING
POST
JANUARY 21, 1950 15¢

The Post Reports on
DIVORCE
By David G. Wittels

Baptist Minister at Work
By Richard Thruelsen



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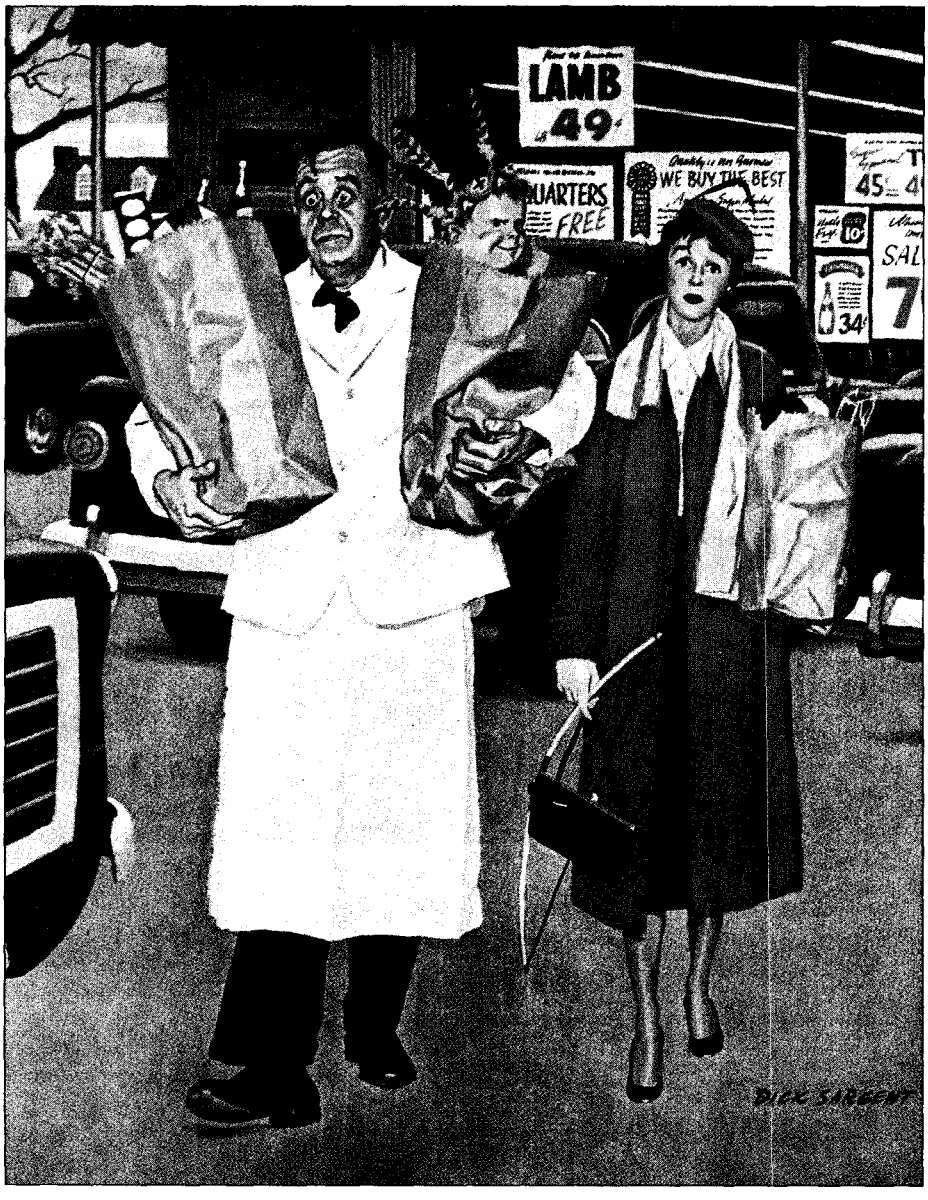

She had just wanted to stop for a few things for dinner that night; she hadn't planned on being involved in a reenactment of the *Last of the Mohicans*. Although her bag-carrying companion looks a bit shell shocked and weary thinking of the cleanup awaiting him back in the store, we shouldn't forget that mom won't get a break from Crazy Horse until dad gets home from work.

Displaying a sense of grace under pressure that his parents would do well to emulate, this happy infant obviously hasn't come to the realization that trips to the doctor generally include a stinging poke or two. However, artist Dick Sargent said that realization would have to wait for another visit because this vaccination was over before the little tyke realized anything was going on.

On a normal day, the alarm would have gone off and everyone would be up by now. But it's Saturday, and the only one who wants to get up and go is hungry and in need of a change—hence the need to attract some attention. Coby Whitmore's cover couple is shown battling it out by feigning sleep in a room that might as well have a jet inside readying for takeoff. No telling when the standoff will end; we'll keep you posted.

Recording a baby's early years often proves to be a challenge. It's as if some children have an innate aversion to being caught on film for posterity. We hope the grownups featured in Jack Welch's cover get their shot before their faces tire. Perhaps they should just turn the camera around.

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ERIC SCHIFFER SCHOLARSHIP RACES TAKE OFF AT THE FITNESS FARM

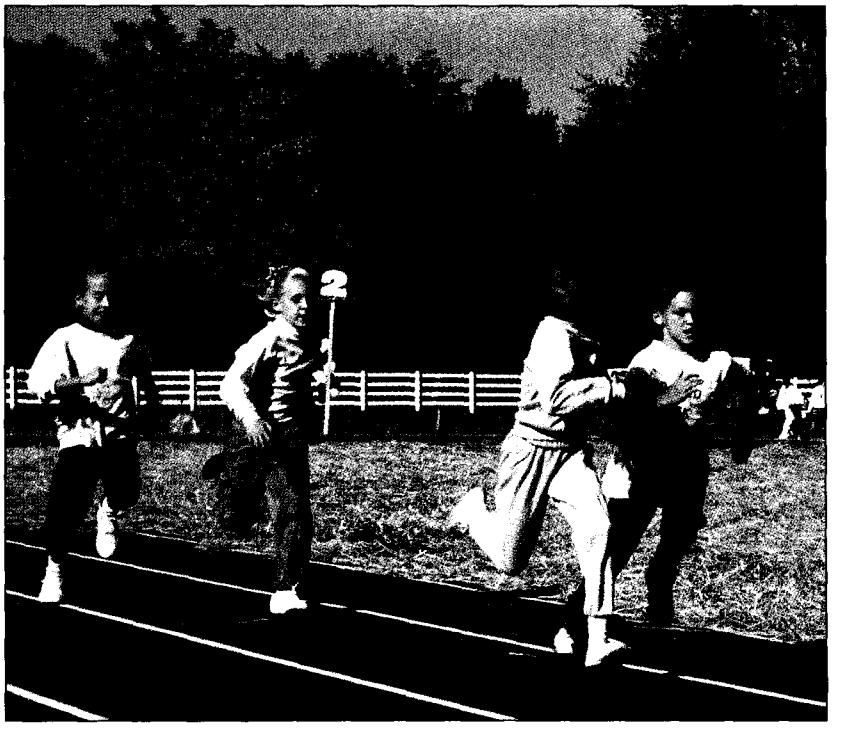
Elementary and secondary school youth will compete for important scholarships when they tiptoe through the tulips.

by Maynard Good Stoddard

Thousands of tulips have been timed to burst into a gorgeous array to welcome young contestants to the Fitness Farm in the merry month of May on Saturday the 8th. What better time for these invigorated post-winter children to burst out of the starting gate in a series of races for boys and girls to compete for substantial scholarship awards?

It is appropriate that these events be sponsored by the Eric Schiffer Youth Foundation, an organization dedicated to the development of inner-city youths through positive role models within the fields of sports, fitness, entertainment, and business.

It is also appropriate that the races be timed not only with the colorful awakening of the tulips but also with the start of an exciting month of racing on the nearby Speedway track. Celebration of the internationally famous "Indy 500" starts with the 500 Festival Children's Activity Day in downtown Indianapolis. This gala event, highlighted by games, arts, crafts, and entertainment for ages 14 and under, attracts more than 30,000 children to the heart of Indiana.



Thanks to the Eric Schiffer Youth Foundation, schoolchildren ages 6 to 14 will be on track to win college scholarships in the May 8th run against smoking and drugs at the Fitness Farm in Indianapolis.

Distance Races

BOYS	GIRLS	DISTANCE	SCHOLARSHIP
6 & under	6 & under	200 meters	$1,000
8 & under	8 & under	400 meters	$1,000
10 & under	10 & under	800 meters	$1,000
12 & under	12 & under	1,600 meters (1 mile)	$1,000
14 & under	14 & under	1,600 meters (1 mile)	$1,000

Predicted Time Race

BOYS	GIRLS	DISTANCE	SCHOLARSHIP
14 & under	14 & under	200 meters	$2,000

This year the Fitness Farm will play an important role in these activities, with buses commuting between the two events. Children engaged in the Festival fun will have only to hop onto a bus to become a contestant in the Eric Schiffer Scholarship Races and enjoy not only the exciting competition and the possibility of taking home college tuition money, but also experience the beauty and explore the health-promoting facilities of the Fitness Farm.

Beyond the pageantry, the excitement of competition, the thrill of victory, and the reward of scholarships, no boy or girl putting tennies to the track will suffer the agony of defeat. Each competitor not only will receive a gift, but by training for the Eric Schiffer Scholarship races, running a

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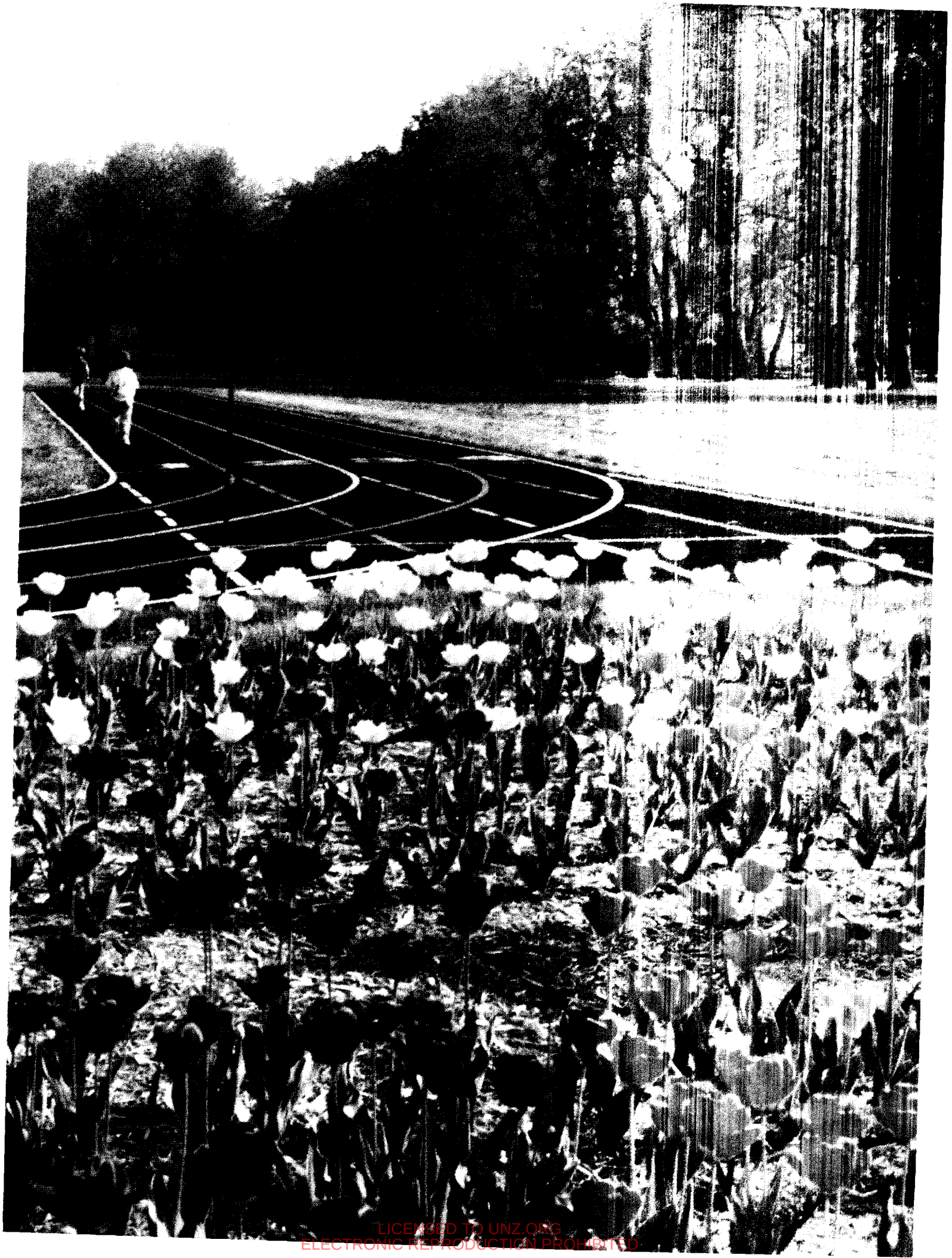

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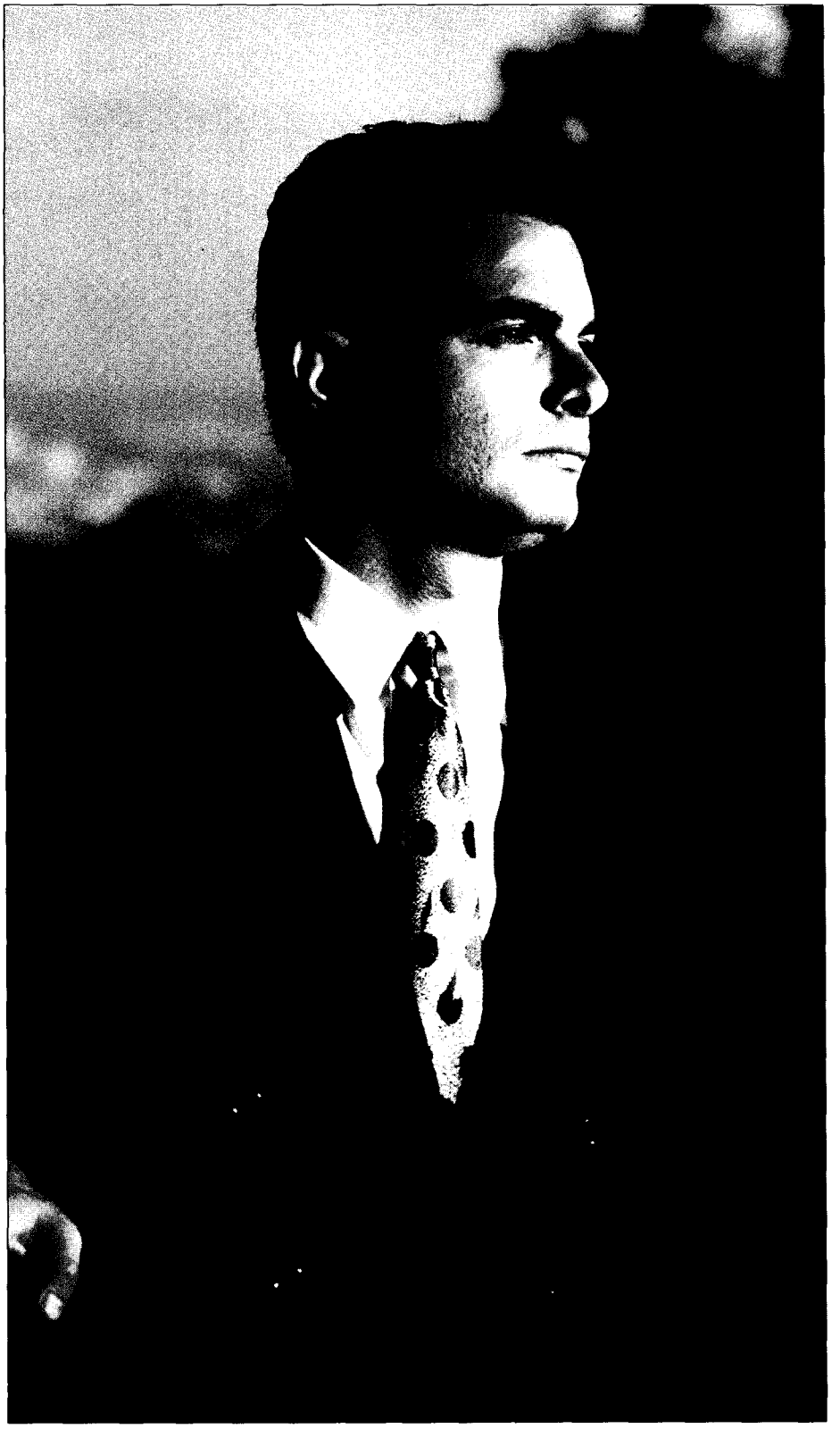

Eric Schiffer: a young man with the Midas touch also has a heart of gold when it comes to helping children. The Eric Schiffer Youth Foundation will launch age group scholarship competitions May 8 in Indianapolis. Schiffer envisions a national scholarship awards organization for children. Because fitness is for everyone, his predicted time races will give handicapped children an equal opportunity to win.

Visionary Eric Schiffer Launches Scholarship Races

All-American Eric Schiffer believes young children involved in age group swimming competitions do not go on to become teenage users of nicotine and marijuana, which are gateway drugs to cocaine and crack. His vision is to make foot race competitions available for high-risk children as swimming age group competitions are for some.

"Children who are at high risk for becoming teen drug users aren't just from the inner city, they're latchkey children living in the affluent suburbs as well," Eric Schiffer says, and he's right. They aren't just in large cities in the East and in California either. They are in smalltown, Middle America, U.S.A. This young man's vision is to reach children before they are exposed to tobacco and stronger drugs. He is a motivator.

Twenty-five-year-old Eric Schiffer is also a man with the Midas touch. He began making his mark at age 13 when he anticipated the rising bodybuilding movement and authored *Pumping Iron for Teenagers.* Schiffer garnered a $10,000 advance from a top publishing company, demonstrating what would be the first step in a lifelong interest in fitness.

A natural interest in science and computers prompted the young Shiffer to compete in an annual energy competition. Among thousands of entrants, his program on molecular fusion landed top awards from such industry giants as IBM, Crown Zellerbach, and Intel. He later sold his prize-winning software to schools and educational systems.

Although not old enough to qualify for a broker's license, Eric foresaw the real estate boom of the 1980s and solicited people to list their homes, which he then took to licensed brokers. He established himself as a force to be reckoned with in the real estate industry.

Then the trend-setter spotted an ailing fitness facility and immediately recognized its potential. Sportsmed, a rehabilitation clinic, was nearing bankruptcy, but the 21-year-old marketing genius soon turned it into a profitable enterprise.

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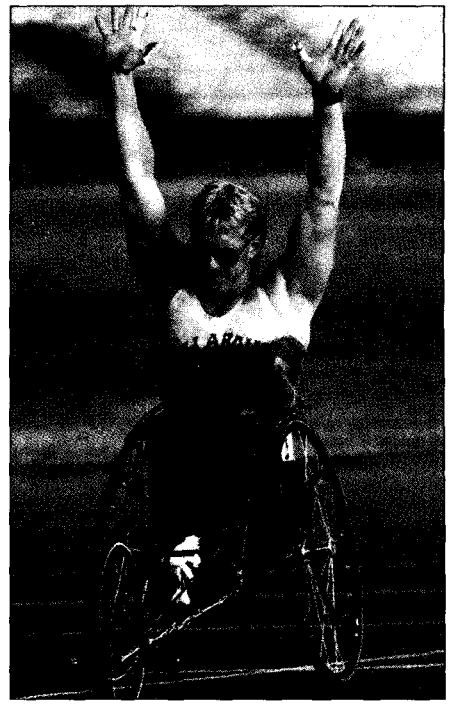

Actor, speaker, and Olympic athlete Kevin Saunders will present the scholarship prizes to the victors at the Eric Schiffer Scholarship Races. A member of the President's Council on Physical Fitness & Sports and heroic inspiration to handicapped competitors, Saunders survived a near-fatal accident that paralyzed him from the waist down. The lifelong advocate for physical fitness challenges the odds. "The mind and body working together can accomplish great things," he says.

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Chairman Arnold Schwarzenegger proudly presents the newest member of the President's Council on Physical Fitness & Sports, World Champion Kevin Saunders.

fold here last

Name _____

Address _____

City, State, Zip _____

Kevin Saunders is an inspiration to children of all ages and physical ablilites.

tape or staple here

It's the Eric Schiffer Scholarship Races at The Fitness Farm. If you can join us, please fill out and mail the registration form below:

Names and ages: _____

Names and ages: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone Number: (___) _____

fold here first

Kevin Saunders is not only the newest member of the President's Council for Physical Fitness & Sports, but he is also an Olympic champion and holds the title of Best All-Around Wheelchair Athlete in the World. Kevin will be in Indianapolis on Saturday, May 8, to present the winners of The Eric Schiffer Scholarship Races with their awards and to offer encouragement and support to all the contestants.

fold here last

Place Stamp Here

The Eric Schiffer Scholarship Races:
The Fitness Farm
2425 W. 44th St.
Indianapolis, IN 46208

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Cut Here

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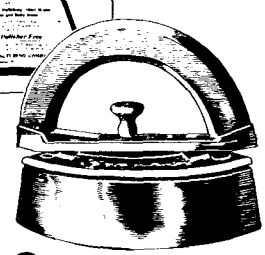
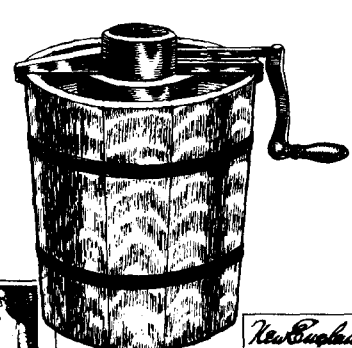
Antiques will be displayed with framed copies of original Saturday Evening Post *advertisements.*

Visit The Benjamin Franklin/ SatEvePost Museum

Enjoy a nostalgia-filled walk down memory lane at the Benjamin Franklin/SatEvePost Museum. Tour through the museum corridors where you'll find more than 50 original Post covers by many of your favorite Post illustrators, including Norman Rockwell, Stevan Dohanos, John Clymer, George Hughes, Constantine Alajalov, Meinrad Mayer, and John Falter, on display. You also will find many interesting antiques from the 1800s and early 1900s donated by loyal Post readers. Located five minutes from the center of Indianapolis, the museum is open to the public from 8:30-5:30 Monday through Friday. The price of admission is $2.50 for the public and free for members and subscribers of the Saturday Evening Post Society and the Children's Better Health Institute.





The Saturday Evening Post
·SOCIETY·

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THINGS THAT GO BUMP IN THE DAYTIME

If you are single, living in a tent, or are pet free, you may not believe this.

by Maynard Good Stoddard

Illustration by Don Trawin

I'm sitting at the desk in my dungeon, busy as a Dairy Queen fly, when out of nowhere came this rr-r-a-a-c-kk!

My first thought was, the termites have won; they're leveling the house before we can find a buyer with more money than brains. For my second thought (occasionally I have two in a row like this), one of our mice has got its little foot caught in a trap and is rr-r-a-a-c-kking around in the attic. A third thought being out of the question, I went back to my labor of making paper clip chains while waiting for inspiration to strike.

The next thing I knew, the rails holding the floor-to-ceiling bookshelves pulled out of the west wall, and the books from rows three and up came banging down on me, including the top shelf of the 20-volume set of *Harvard Classics* weighing two pounds per.

Fearing that her overstuffed cat, Lump, might have been injured in the avalanche, my dear wife, Lois, rushed in all atwitter. And she doesn't twitter easily. Digging down through the *Classics* until she came to my head, she said, "If you can hear me, wink your good eye."

If you can hear me? This woman would continue talking had my head been under water.

"I thought those screws were too short when you were putting up the rails . . . and you should have put those heavier volumes on the bottom shelf and the paperbacks on the top . . ." and yakety-yakety-yak.

But would she make these suggestions at the time? And spoil the fun? No way.

To continue, I take you now to the placement of Christmas lights on the tree in our yard.

"You hold the stepladder while I climb up and drape this string over the top branches," I remember telling this woman I had taken for better. No sooner had I arrived at the top step, however, then over I went, ending up draped across the line fence. Luckily, the two strands of barbed wire stretched across the top were festooned with barbs of a length that went through my jacket and penetrated my human hide to a depth that kept me from falling to the ground and possibly being hurt.

Upon inquiry, her limp explanation was, "I let go of the ladder to untangle the next string. I knew you'd be mad if I handed them to you all messed up." Better dead than mad.

The stepladder still usable, I used it to reach the loft in the shed where our daughter Shari had stored most of her frozen assets when she moved to South Carolina. Having bought a pet ostrich, I assumed, she now wanted me to locate and transport her world's largest birdcage. While I am up there searching, this same woman took the opportunity to borrow the ladder to relocate the kitchen smoke alarm so it wouldn't go off every time she burns the toast. Upon finding the world's largest birdcage behind the world's largest loom, therefore, I am feeling around with my foot for the ladder . . . and no ladder.

After hollering myself hoarse to no avail, I then spot my good old reliable Murray riding mower within possible reach. With agility belying my age, I manage to lower myself and get both feet on the seat. Having been left in neutral, the mower now began rolling across the floor of the shed. Had I not been holding the world's largest birdcage, I might have done better. As it was, when the mower hit Shari's world's largest kiln, I went up over the cage and came down on the bench where I keep the antifreeze, motor oil, roofing tar, and stuff like that. It wasn't a pretty sight. Nor is the birdcage still the world's largest.

On the subject of riding mowers, for her birthday I bought my dear wife her very own cute little five-horse. Although I have always been generous to a fault, in this case it was more to spare my big red Murray 11-horse from suffering the sticks, stones, stumps, and whatever else she can find to run over when she's at the wheel. Especially mole tunnel ridges. Even ridges that could have been made by nothing less than beavers. But she levels them like a bulldozer. If the movie people should require a no man's land, we've got the perfect location. All they'll have to do is

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sprinkle a few bodies around. And the way things are going, one of them could very well be mine.

Why this woman ran the garden cart into the back of my knees when we were gathering leaves to put on the garden still hasn't been explained to my satisfaction. "To get the cart closer to you" sounds rather weak, considering the kick she got from watching me ride the thing downhill until it hit the trash burner and dumped me out.

How does my dog, Brutus, get into the act? His size helps a lot. And we're talking about a dog that checks out what we are having for dinner by looking *down* at the table. My dear wife has a spoiled cat, Lump, whose perks include one of those electronic entrances that does everything but screen for rabbits, which she delights in bringing in for playtime, which she did only this week.

Released just inside the door and perhaps never having been inside a house before, the rabbit appeared somewhat confused regarding proper etiquette. Brutus, in his eagerness to show it the ropes, knocked over the cacti stand, dumping the sand into the floor furnace, then was around the coffee table, over the sofa, behind the stereo, and into the bedroom to topple the Leaning Tower of literature on my nightstand. In hurrying to open the patio door to let the poor thing out, dear wife struck her best knee on the oven door, retiring her from the game and leaving me to collar Brutus and be dragged into the catch-all closet where the rabbit had taken refuge and where the ironing board toppled over on us. This separated dog and rabbit long enough for me to catch the ingrown hare (sorry) and take it to the brush pile behind the barn. I had to get my own dinner.

Remember when I went all out for her birthday and surprised my helpmeet with a pair of safety shoes to wear in the kitchen when she is making biscuits? Those biscuits were never heavier than the morning she stopped scraping toast to announce, "I thought I might put another coat of paint on the house trim today."

What she was actually saying of course was, "I thought you might put another coat of paint on the house trim today." But to make her commitment look authentic, by the time I had got into my painting outfit she had already erected a scaffold.

I use the word scaffold lightly. What it was was a board resting on a potato crate at one end and two bricks lying edgewise on a turned-over washtub on the other end. As she had cunningly positioned the board with the rotted side down, I no sooner mounted this construction and got my brush loaded with black paint than I began painting a broad stripe down both window panes on my way to the ground. As my painting outfit and epidermis absorbed most of the gallon of paint, my dear wife could complain only of the dent I had put in her washtub.

One more bump in the daytime and I'll let you go.

For all my years, I never knew that in winter a car hood tends to come slamming down without warning. Like it came slamming down on my neck this winter when checking the antifreeze rating in my dear wife's car. And while I am trying to breathe through my ears, this woman came out for her daily emergency run to Wal-Mart and said, "Are you going to be under there all day?"

Had I been able to talk, I would have responded, "If you'll help me get the hood up, I want to show you something under here." But she got to the car, leaving me to get the hood up and realign my head without help.

How to prevent the majority of these bumps, I have only one idea—but making our community property public would be *so* embarrassing. If you have a better idea, please address it to me in care of Bloomington (IN) Hospital. I tend to be there more than I'm home.

Now you can go—if you haven't gone already.

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WELCOMING WALKS

Brick paths, made without mortar or concrete, enhance the beauty of a garden.

by Richard T. Kreh Sr.

Among the many ways to get from here to there in a garden, few are as attractive, inviting, and easy to traverse as a brick walkway. And you can choose from a wide range of colors, textures, shapes, and bricklaying patterns to design a walk that is a unique garden feature.

You don't need special skills to build a brick walk if you lay it dry. I know—I've been a mason all my life. In a dry-laid walk, the bricks rest on layers of stone and sand (the stone dust allows water to drain through, and the sand provides a cushion for minor adjustments). There's no concrete to pour, no mortar to hold the bricks in place. Better yet, a dry-laid walk is more durable than a mortared one. When the ground freezes and thaws (a common phenomenon in all but the mildest-winter climates), it causes the soil to heave or lift upwards. A mortared walk moves with the ground. If the walk settles unevenly, just lift a few bricks, level the ground beneath them, and set the bricks back in place.

A Walk As You Like It

Consider appearance and placement when you plan a brick walk. If your garden is formal, then a straight, square walk makes the most sense. In a garden where curving lines dominate or where the look is more natural, an irregular or curving walk that flows with the layout of the garden is probably more appropriate. The most direct path often is not the most appealing—a sinuous walk or one that jogs left or right on the way to its destination adds a distinctive element to a landscape.

Give some thought to the width of the walk. I consider 3 feet a minimum width for a brick path—it allows two people to walk abreast or to pass each other comfortably. A front walk should be about 4 feet wide, which allows for more traffic and is more inviting.

The pattern in which you lay the bricks affects the walkway's appearance. Because bricks are uniform in shape, they can be laid in a variety of patterns or bonds. There are three basic patterns—running bond, basket weave, and herringbone. (See drawings below.) Most of the other patterns are variations of these three. Running bond is the simplest and the most familiar pattern—the bricks in neighboring rows are staggered. It's easy to install—you have to cut bricks only at the beginning and end of the walk.

PHOTOS BY CHRIS CURLESS

When laying a brick walk, keep in mind that your design won't work out exactly when you actually lay the bricks. Bricks aren't perfect and neither are you, says masonry consultant Richard Kreh Sr.

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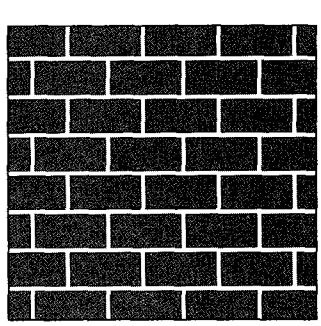
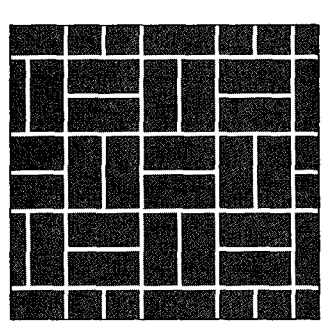
Paving Patterns

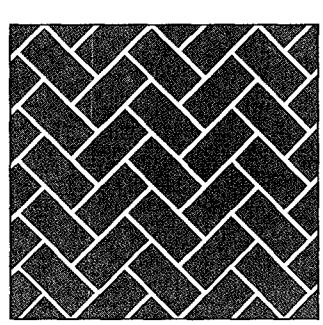
The pattern in which you lay the bricks affects the walkway's appearance. Because bricks are uniform in size, you can lay them in a variety of patterns or bonds. The three most common patterns are running bond, basket weave, and herringbone. Most other patterns are variations of these three.



Running Bond



Basket Weave



Herringbone

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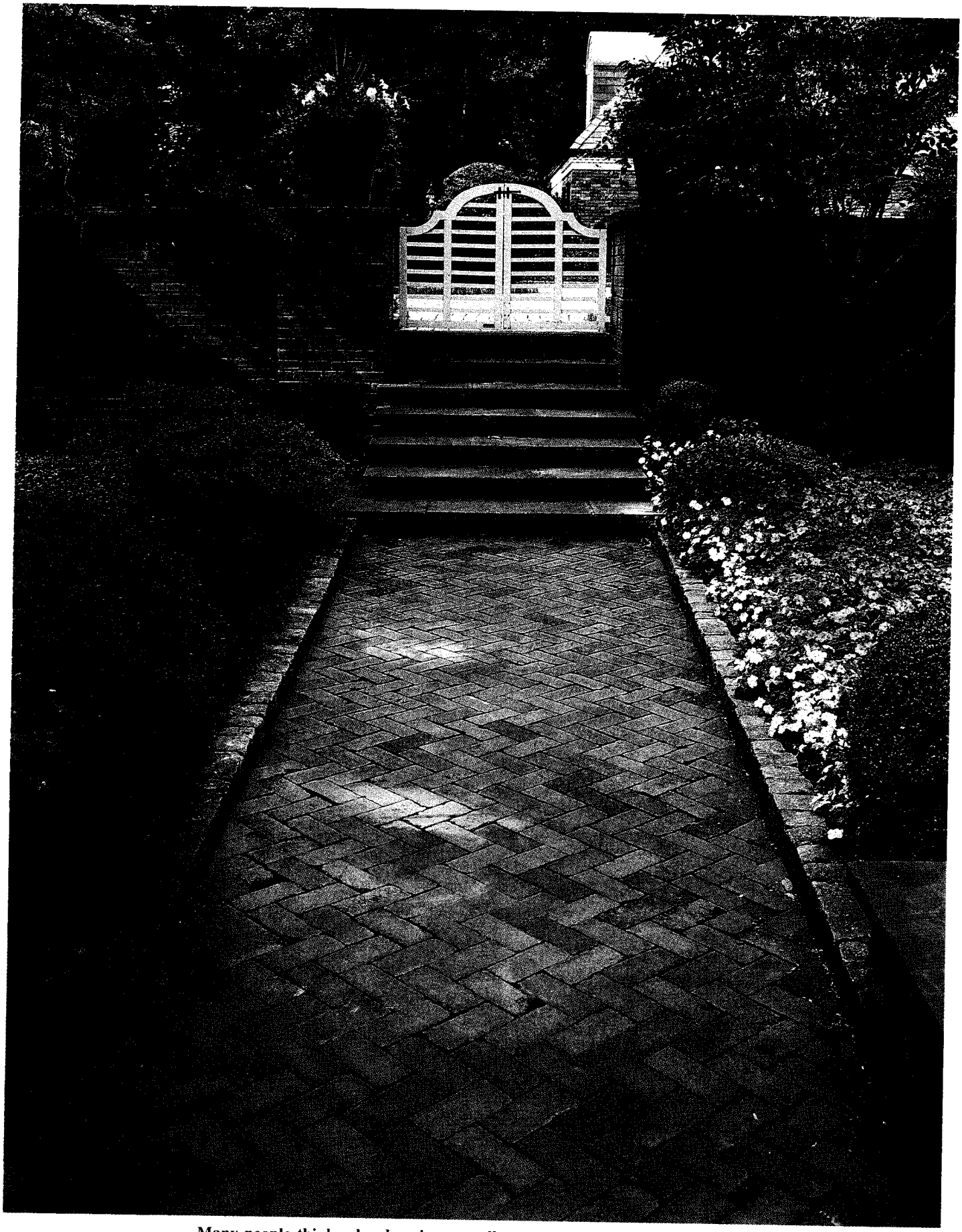

Many people think a border gives a walkway a more finished appearance, and many masons insist on installing a border to prevent the bricks from shifting.

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High-lysine corn will grow anywhere regular maize thrives. Here the nutritious grain grows in Africa's acid soils.

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THE PROMISE OF HIGH-LYSINE CORN

If only given a chance, this new kind of corn developed by American scientists could be the answer to improved nutrition worldwide.

by Frederick N. Brown

It's been almost 30 years since three scientists at America's Purdue University discovered what they thought could be one answer to fighting world hunger: a new variety of corn with much higher nutritional value than the standard varieties grown around the world.

Maize, the name commonly used for corn outside the United States, is a major food staple in much of Latin America and parts of Africa and Asia. Thus, what the three scientists—Edwin T. Mertz, Oliver E. Nelson Jr., and Lynn S. Bates—thought they had found was a simple way to improve the diets of millions of people living in those areas.

Thirty years and millions of research dollars later, the promise of the new maize remains unfulfilled—even though experts agree the early technical problems have been solved. The questions now, they say, are how can more developing countries be persuaded to take the final steps to adapt the new maize to their varied conditions. And, can farmers be counted on to grow the new maize?

CIMMYT corn breeder Magni Bjarnason says Quality Protein Maize looks like any other corn. Nutrients, he explains, aren't something growers can see with the naked eye.

The Purdue scientists called their new variety Opaque-2 because its kernels are impermeable to light. Opaque-2 was found to be rich in lysine and tryptophan, two amino acids the human body must have to grow normally and remain healthy. Although the new variety has no more protein than traditional corn, it was found to have twice the lysine of common corn and much higher levels of tryptophan as well. This made it a far more usable form of protein for humans and animals.

The discovery of Opaque-2 caused great excitement in scientific circles—particularly after early tests with rats and swine and later tests with malnourished children showed dramatic health improvements when it was used to replace ordinary corn in diets. In country after country, maize breeders began transferring Opaque-2 genes into local varieties. The excitement faded, however, when certain drawbacks of the new varieties showed up.

Not only were crop yields considerably lower than for common varieties, but Opaque-2 suffered from other major disadvantages as well. Its softer kernels became gummy when crushed for use in foods such as cornbread and tortillas. The new strain also was found to be more vulnerable than traditional varieties to fungal infections and insect infestations during storage.

Because of such problems, efforts to commercialize Opaque-2 quickly ground to a halt. Then three scientists at CIMMYT, the International Maize and Wheat Improvement Center in Mexico, entered the picture. Using the same patient breeding techniques that led to the green revolution in wheat production, three of the center's scientists, Drs. Ernest Sprague, S.K. Vasal, and Evangelina Villegas, transferred the desirable genes from Opaque-2 into a new type of hard endosperm corn.

By 1988, according to a study by the U.S. National Research Council, the new strain, called Quality Protein Maize, or QPM, had achieved the same high levels of lysine and tryptophan as Opaque-2. Furthermore, the new varieties had none of the problems that made the earlier soft endosperm corn harder to produce and store and less desirable for milling. What's more, the yields achieved for the improved corn are now as high or higher than the best traditional varieties.

With such results, one might have

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High-Lysine Corn Crusaders

A short time after the *Post* published its first article about high-lysine corn in 1985, our editors received a letter from a couple near the small town of Mitchell, Ind. Hollace and Ila Sherwood had seen the photographs of Third World children suffering from protein deficiencies, and they wanted to do something about it. The Sherwoods had a 100-acre field on their farm they would gladly devote to growing high-lysine corn.

The *Post* put the Sherwoods in touch with the David Livingstone Foundation in Tulsa, Okla. It arranged for the Sherwoods' first 1,200 bags of high-lysine corn to go to earthquake victims in Mexico City.

That was only the beginning.

Realizing they couldn't do it all themselves, the Sherwoods enlisted the help of their church, the Bryantsville Church of Christ near Mitchell and other neighboring churches. Church members provided free labor and raised money to pay for bags and shipping. Meanwhile the Sherwoods traveled to other churches and organizations around the state and the country soliciting funds and urging others to start similar projects.

Through their efforts after eight years, the Sherwoods, now 69, have planted the seeds of their high-lysine corn project far and wide. At least five more churches in Indiana and in other states have grown high-lysine corn. Churches in Kentucky, Tennessee, Pennsylvania, Virginia, and Illinois and individuals from around the country have sent financial assistance. A church in Crozet, Va., purchased two truckloads of corn to send to Honduras.

The Sherwoods' corn has been shipped to Central America, the Caribbean, Africa, and the former Soviet Union. Late last year the Highland Community Church of Highland, Ill., grew eight acres of corn for emergency food shipments to Somalia.

In 1990, the Sherwoods built a grain bin for storing the project's corn, enabling them to run cleaning equipment during any kind of weather.

The Sherwoods bag the corn grown in their area, and they continue to plant about 100 acres of high-lysine corn each year, their output depending on the weather. "In '91 it was very dry, and we got only 3,600 bushels of corn from 100 acres, which was a poor yield," Hollace says. But last year, Mother Nature proved more benevolent—80 acres produced 8,300 bushels.

All together the Sherwoods estimate their project produced about 24,000 bushels of corn in 1992, yielding about 1,344,000 pounds of high-lysine corn for distribution worldwide.

Despite the hard work, the Sherwoods get much satisfaction from their project. "It's a great experience," Hollace says.

Ila adds, "It's a matter of commitment, and it's at the top of the list for us." It keeps us busy, and now I'm a better housekeeper. We never know who's going to come over." In their 1992 newsletter report, the Sherwoods included a quote from Proverbs 19:17. "He who is kind to the poor lends to the Lord, and He will reward him for what he has done."

The Sherwoods have produced a 20-minute video describing their project. The video may be ordered for the price of return postage. Churches and organizations interested in joining the high-lysine corn project should write to Bryantsville Church of Christ, c/o Hollace Sherwood, R.R. 1, Box 408, Mitchell, IN 47446.

Hollace and Ila Sherwood are doing their part to end world hunger.

expected a worldwide rush to plant the new maize. So far, however, the hoped for "golden revolution" hasn't materialized. Although field tests of high-lysine corn were undertaken in a number of Latin American countries and in China, farmers in many cases have been hesitant to switch from older, proven varieties to something new and as yet relatively untested.

That hesitancy has been compounded by the decision of CIMMYT last year to curtail research on the corn. Magni Bjarnason, the last director of the QPM project, said CIMMYT officials feel that their work is done with high-lysine corn technology being a proven success. He says it is up to those who want to benefit from the corn to take over the task of adapting it to their needs. "CIMMYT is involved in research, not in extension or promotion work," he contends.

A shortage of research dollars was the major factor behind the Mexican center's decision to curtail work on high-lysine corn, said spokesman Tiffin Harris. He said the organization's planners regard the corn as a bit more risky than some other projects the center is engaged in. "When there is only so much money to go around, you have to spend your money where you expect the fastest returns," he said.

Not everyone is happy with the center's decision. One who strongly disagrees is Dr. Norman Borlaug, winner of the 1970 Nobel Peace Prize for developing the high-yielding wheat hybrids responsible for the green revolution. In a recent interview, he said much first-rate research has gone into developing high-lysine corn.

Dr. Borlaug believes passionately in the importance of effective extension work, and he opposes any effort to limit the center's role to research. He is afraid that without the center's active involvement, the QPM program could suffer the same fate as other promising new technologies that haven't made it out of the laboratories and into farmers' fields.

Dr. Bjarnason said one problem in winning acceptance of Quality Protein Maize is that it looks pretty much like any other maize. Nutrients, he says, aren't something the farmer can see with the naked eye. Nor are the health benefits of the added nutrients immediately apparent.

Another problem arises in that most high-lysine corn developed at the center is an open-pollinated variety,

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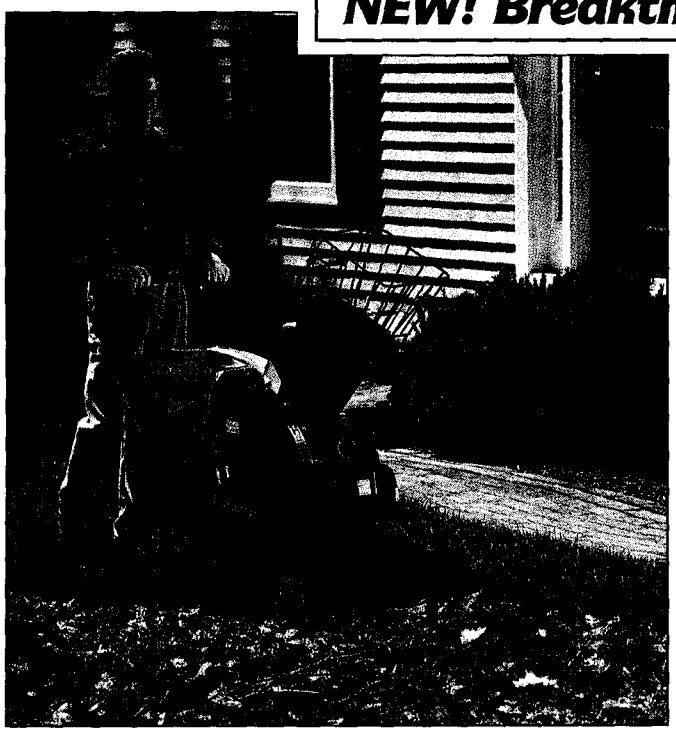

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meaning it depends on natural pollination in open fields for reproduction. This means that when these varieties are grown alongside common varieties they can become cross pollinated with other strains and in the process lose their desired qualities.

Some experts, including Norman Borlaug, insist such fears are exaggerated. He cites the example of two open-pollinated crops—triticale and rapeseed—where the problem of contamination has proved to be slight and fairly easy to circumvent.

In the case of high-lysine corn, it is argued, contamination can be minimized if farmers collect their next year's seeds from the middle of their fields and not from edges bordering common maize varieties. Furthermore, with new hybrids now becoming available, the problem of contamination does not arise because farmers using hybrids must buy new seeds each year.

Tiffin Harris, however, said gathering seeds from the center of a field only delays the inevitable contamination that is certain to occur from open pollination. He argues that farmers using this propagation method still must buy new seeds every three or four years. This is difficult in many Third World countries where seed industries are not well developed and where many farmers cannot afford new seeds.

Because of such considerations, the center has pursued what it calls an open-pollination strategy for the corn, although hybrid QPM materials are now available at the center for countries wishing to experiment with them.

Another argument in defense of the center's position is that there are other, simpler ways of improving nutritional standards—for example, adding beans or lentils to Third World diets. This position is ridiculed by others, including Dr. Borlaug, who call it an example of "Ivory Tower" thinking.

Noting the higher cost of beans and lentils compared with maize, these critics recall the often-cited words of Marie Antoinette.

When told of hungry people clamoring for bread in a France swept by revolution, the queen consort of King Louis 16th is said to have replied: "Let them eat cake!" How can people unable to afford all the carbohydrates they need be expected to buy more expensive foods, the critics ask?

At a recent crop science congress at Iowa State University, scientists involved in high-lysine corn research were unhappy about the center's decision, even while conceding that budgetary constraints make such cutbacks inevitable.

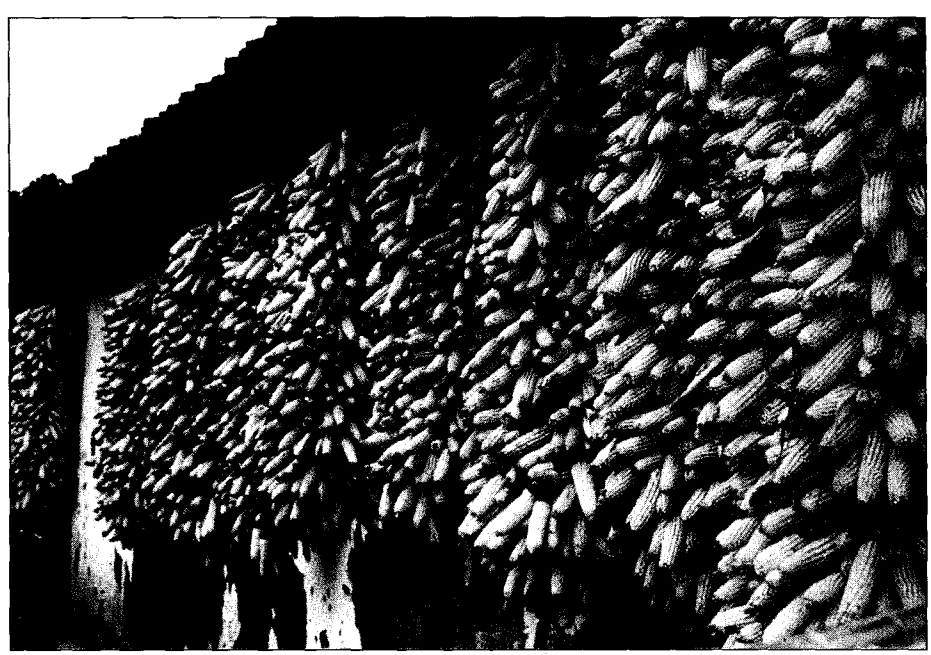
Believe it or not, these two pigs are identical twins. One was fed normal maize, while the other ate high-lysine corn. Their size disparity demonstrates the power of QPM for pigs—and people.

Privately, some saw the decision as evidence that the center is straying from its original purpose of helping the poorest countries improve their crops. If it is to fulfill that role, they say the center needs to be more than just another research institution—that it should provide the kind of services most desperately needed and which can best be provided by a central facility.

S.K. Vasal, a maize breeder at the center who has devoted the last 17 years to perfecting the corn, said he feels it is a shame to curtail the efforts in this area when success appears so close. He believes the center should have kept at least a small program going as a sign of continuing support.

Dr. Vasal says he and his colleagues will continue to provide information and guidance on the corn when requested. He complained that cutting the program to almost nothing has sent the wrong signal . . . one that will make it harder to persuade Third World countries to experiment with it.

continued on page 74



Becoming more popular in China, this crop of high-lysine corn dries in the sun on the side of a building in the country's Yunnan Province.

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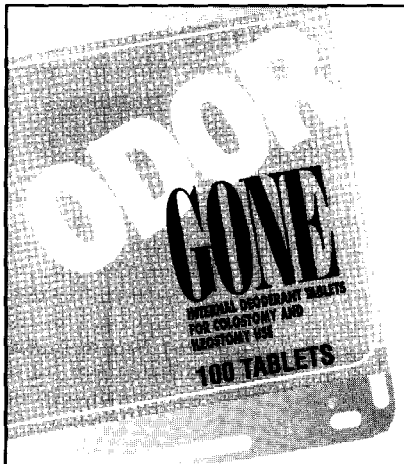

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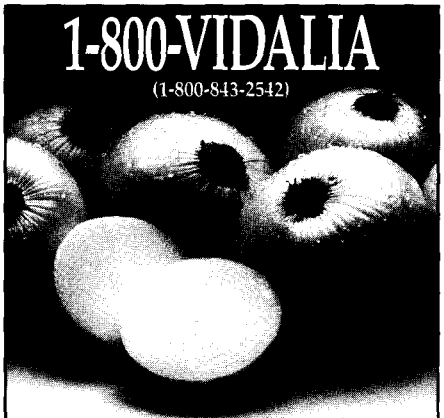

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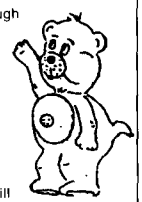

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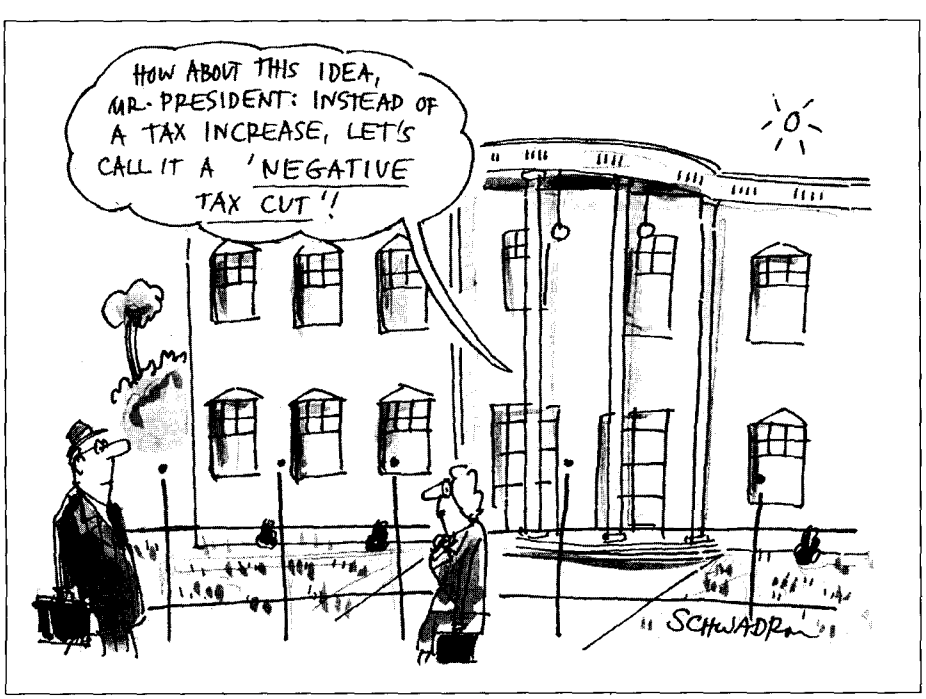

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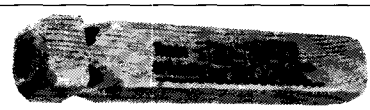

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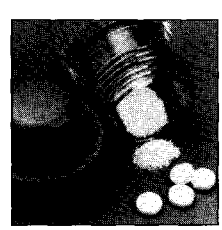

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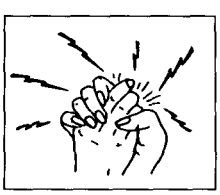

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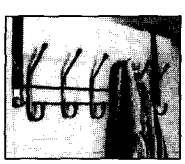

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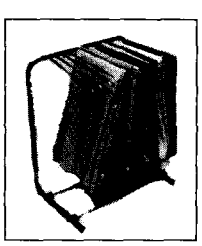

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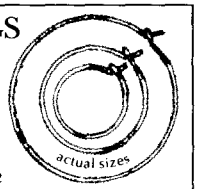

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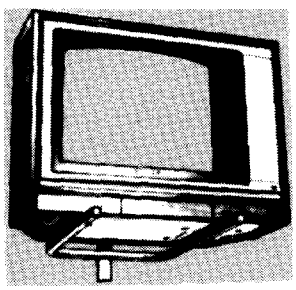

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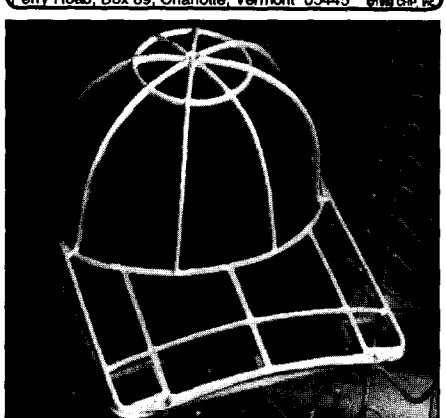

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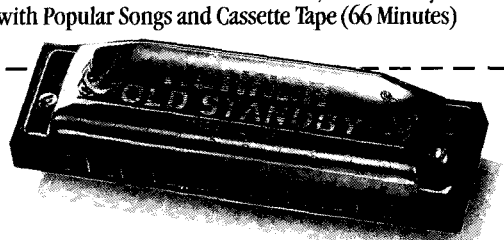

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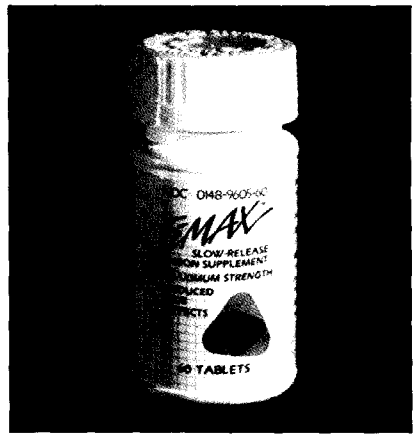

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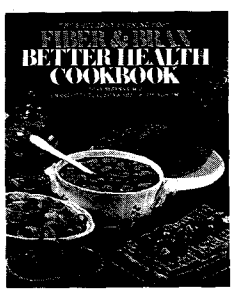

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High-Lysine Corn

continued from page 68

Others at the Iowa State meeting argue there is still a need for monitoring and evaluating QPM materials on the corn to safeguard their stability and that this can best be done at the center. Currently, no country outside Brazil has facilities for such monitoring.

Supporters of Quality Protein Maize have been encouraged by recent developments in Brazil, a country now making a major effort to win wider acceptance of the corn. It was first introduced there in 1983. Brazil now has about 80,000 hectares planted in the grain, the most of any country in the world.

The program is headed by Ricardo Magnavaca, maize breeding coordinator at Brazil's National Maize and Sorghum Research Center (EMBRAPA). Dr. Magnavaca earned his doctorate in plant breeding at the University of Nebraska. He is a member of CIMMYT's board of trustees.

He says the Brazilian government is backing the effort partly out of economic necessity. Although wheat is hard to grow in Brazil, a government subsidy made it cheaper to buy imported wheat than maize —even though maize grows abundantly in Brazil. Unable to continue this subsidy, the Brazilian government was forced to look for alternatives.

The idea was to cut down on wheat imports by mixing maize and wheat flours. When the various varieties of maize grown in Brazil were tested, scientists found that the best mixes were obtained by adding Quality Protein Maize to wheat flour. The QPM variety used for this purpose has white kernels, adding to the acceptability of the new product.

One thing helping to get QPM technology to Brazilian farmers is the involvement of the private sector. Varieties developed by EMBRAPA are produced and marketed by private-sector companies under franchise agreements, and these companies have been helping advertise the advantages of the new varieties.

Countries lacking a well-developed seed industry are at a disadvantage when it comes to marketing new varieties, said Magnavaca.

The Brazilian government also helped by launching a mass communications campaign aimed at educating the public on the benefits of high-lysine corn. For example, when a variety called BR 451 was released in 1989, the target was not only feed companies and farmers but also the entire society, especially consumers.

Of the first 19.3 tons of BR 451 released, 9.4 tons were set aside for sale to seed companies. In 1990, that resulted in more than 1,400 tons of BR 451—enough to plant more than 70,000 hectares of QPM. In addition, thousands of seed packets were distributed by the government in the response to a flood of written requests. It's not known how many of these samples were planted, but apparently a great many ended up in the ground. As a result, Brazilian officials say they don't know how much high-lysine corn actually is growing in Brazil now, but that it may be much higher than the official figures.

"You the new kid everyone is talking about?"

The Brazilian program is being watched closely by other Latin American countries faced with similar problems. Ecuador released its own variety of the corn in 1991 and now has about 30,000 hectares growing. Peru was expected to release its own variety this year, but the release could be delayed by the political turmoil now gripping that nation. Colombia and Venezuela also are evaluating whether high-lysine corn could be the answer to their needs.

In a report reviewing the extensive studies done on the nutritional value of the hybrid, the Pan American Health Organization concludes that "data demonstrating the superiority of QPM over ordinary maize is overwhelming." Among other things, the report states that including QPM in infant cereals would reduce malnourishment in one group currently at risk —children being weaned. This has been a major problem in some Latin American countries.

The leader of CIMMYT's South American Maize Program, Dr. Shivaji Pandey, says it isn't the higher nutrition that has sold Ecuadorian farmers on high-lysine corn. It is the taste —which they found they liked better than the varieties they have been eating.

"They don't know what lysine is or what tryptophan is—but they are using the (QPM) variety and eating it like anything," Dr. Pandey said.

The corn also offers big advantages as a livestock feed. Because the ordinary corn fed to farm animals as a source of carbohydrates is low on usable protein, farmers have had to supplement the corn with soybeans, which are high in lysine and tryptophan. Tests in the United States have shown that when the maize is used in feed for hogs, 23 percent less soybean meal is needed to get the same growth. Because soybean meal currently costs three times as much as corn, the savings to farmers using high-lysine corn could be substantial.

The prospect of big savings has sparked great interest in China, a country that currently has 22 million pigs to feed. Not only could farmers get by with using less feed, but scientists also say animals fed with QPM achieve their growth in less time.

Stepped-up efforts are now being made to introduce the corn to Africa. Norman Borlaug says that in collaboration with the Ghanaian Crop Research Institute and CIMMYT, the

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Sasakawa Africa Association, which he heads, has stepped up efforts to introduce Quality Protein Maize in Ghana. He says the hope is that the corn will become a weapon there against kwashiorkor, a protein-deficiency disease that results in swollen bellies, listlessness, and loss of color. Kwashiorkor is a problem in many other African countries as well.

One problem that has held up introduction of the corn in Africa is the presence of streak virus, a disease of maize found only in Africa. By diminishing the chlorophyll content of the leaves and interfering with photosynthesis, streak virus reduces plant growth and yield. In some parts of Africa, the disease has wiped out entire maize crops.

Because streak virus is not found in Mexico or anywhere outside Africa, the high-lysine varieties CIMMYT developed have not been bred for resistance to it. However, scientists at a CIMMYT regional station near Harare, Zimbabwe, and at the International Institute of Tropical Agriculture, Ibadan, Nigeria, have been working on the problem since 1980. So far, they have managed to introduce a high degree of streak virus resistance in six lowland, tropical populations of Quality Protein Maize being adapted for Africa.

The possibility of using the corn as livestock feed is the principal reason some seed companies in the United States are showing interest in it. Two U.S. companies, Pioneer Hybrid, of Ames, Iowa, and Crow's Hybrid Corn Company, of Milford, Ill., have QPM breeding programs aimed at adapting the tropical varieties to colder climates in the United States.

Both efforts are relatively modest, reflecting the fact that nutrition is not a serious problem for most Americans. Some nutritionists believe the corn also could help improve diets of Americans who are heavy consumers of corn products.

In addition to its relatively small QPM Hybrid effort, Crow's Hybrid Corn also is continuing to work with the older, soft endosperm Opaque-2 variety discovered at Purdue. Owner Kenneth Crow said his breeders have developed an Opaque-2 strain that is within 10 percent of matching standard yields.

Because its nutritional value is much higher than the common varieties,

continued on page 77

THE SATURDAY EVENING POST

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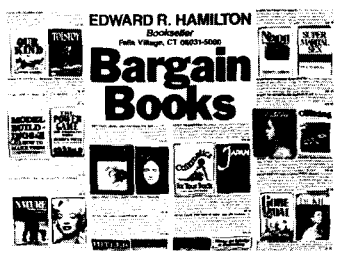

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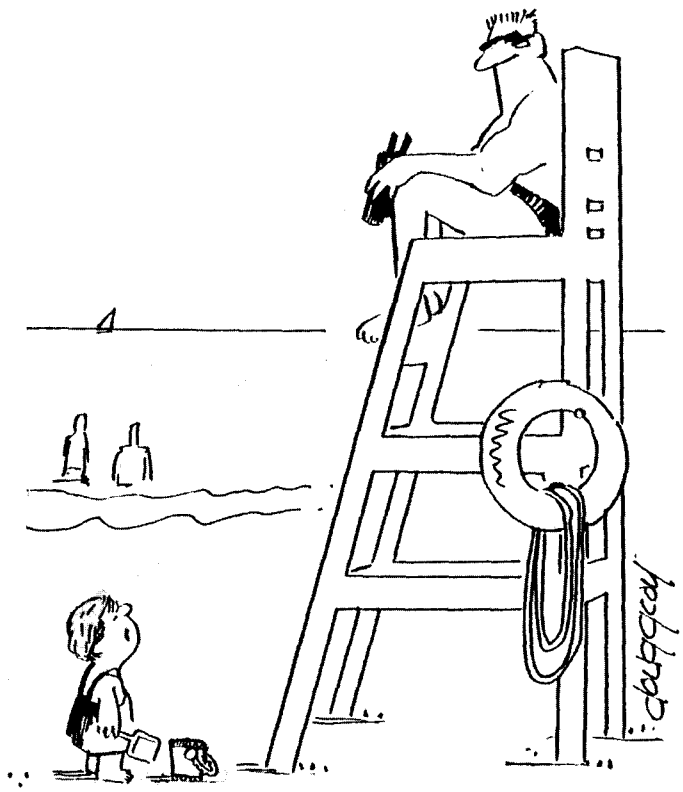
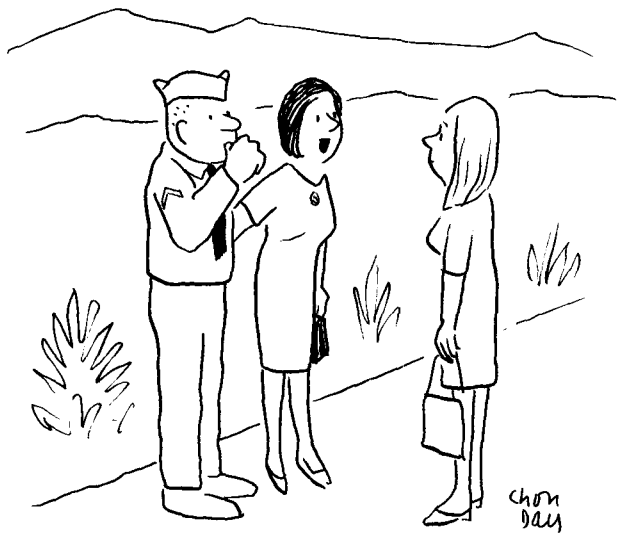


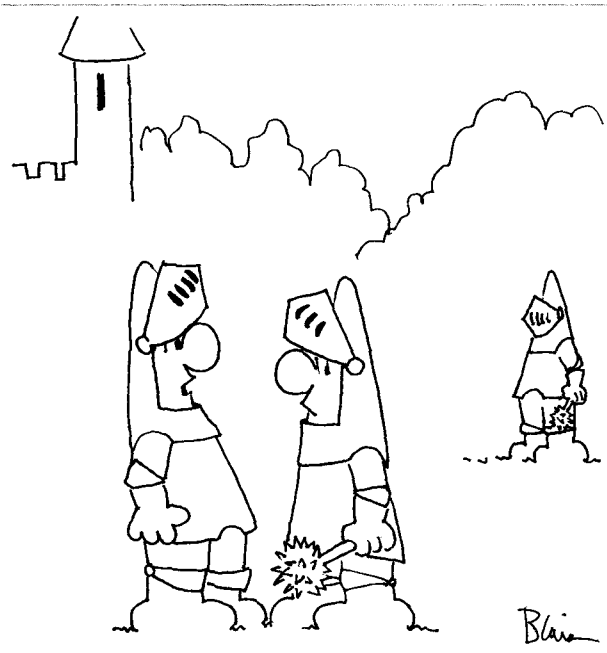
"I used to have a highchair, too."

"Miss Coates . . . there's a Mr. Knight out here who says he's here to take you away from all of this."



"Steve is in the infantry."

"Anything good on?"



"Watch out for his backhand."

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Crowe says this is enough to make the Opaque-2 variety competitive with other corns. The principal market at this time is as a starter for baby pigs, but U.S. dairy farmers also are finding the variety beneficial for increasing milk production.

Research also is under way at Texas A. & M. University under another high-lysine corn pioneer, Dr. A. John Bockholt. He and his colleagues hope to have two hybrids ready for release later this year. Currently, South Africa, which has been working independently of the Mexican center to develop more nutritious maize varieties, is the only country besides Brazil with high-lysine hybrids already on the market.

Dr. Vasal of CIMMYT hopes that the growing interest in the corn in places such as the United States, China, Brazil, and South Africa may yet provide the breakthrough needed to get the program rolling again. "Once we get some very good examples," he said, "things might pick up again . . . who knows?" And Norman Borlaug, just back from a visit to Africa, said he is confident all the basic problems have been solved and that high-lysine corn soon will become commercially important in many parts of the developing world.

At Purdue University, Mertz, the biochemist who headed the team that discovered Opaque-2, has lost none of his original zeal: "It should be in the corn—all the corn—grown in the world . . . except maybe for a few specialties used for some other purpose, such as starch. Whether that will happen, I don't know. Maybe if some of you got out there and shoved, it would happen."

Dr. Mertz is the editor of *Quality Protein Maize*, a new book released in July by the American Association of Cereal Chemists. The book includes contributions from most of the scientists involved in the development of the corn along with the latest scientific findings and test results. The new book is the most complete account yet of the discovery, development, and scientific principles behind this new superior-quality maize.

Tipper Gore

continued from page 41

gave him a book and, understandably, he was less than enthusiastic. Tipper thanked us, and then she turned and prompted him to say thank you, too. The thing that struck me was that I really admired her strength in not suspending the rules of polite behavior to a child she had almost lost. You want to give in and do everything for the child because of the trauma. For me, that was another indication of Tipper's maturity."

When Albert was well enough to return home, it was in a full-length body cast. The Gores transformed their dining room into a hospital room.

"We all pulled together," she recalls. "It made the family stronger. The support was there, and that was critical. We gave each of his sisters a role in his recovery. Albert had to be turned regularly each night during this period, and the children took turns staying up with him so Al and I could get some sleep. So many families in that situation don't get that kind of support."

Tipper's advice to other families who suffer tragedy—be it an injury, a death, a divorce, or whatever—is to reach out for help "from anywhere you can get it."

But the tragedy days are over now. Life has resumed a degree of normalcy. Today son Albert likes to rollerblade. Fitness-minded mom rollerblades alongside.

"When weather permits, I like to vary jogging with rollerblading or a long walk," Tipper says. "But more and more I am becoming a runner." Tipper, 44, runs anywhere from 15-45 minutes, six days a week. She thinks it's good to take a day off and rest. And, yes, this closely knit family even exercises together, whenever possible.

As second lady of the nation, Tipper Gore is committed to supporting programs that help families in need and promoting a greater understanding of mental illness. She also will continue her work to improve the plight of the homeless.

"I would like to be a voice for the children," she says.

The desire to make a difference in both her own family's and others' worlds dates back to that childhood pain.

"I felt a real empathy for other kids like myself," Tipper Gore reveals. "Early on I knew that I wanted to do something to help people."

And she has been doing just that ever since.

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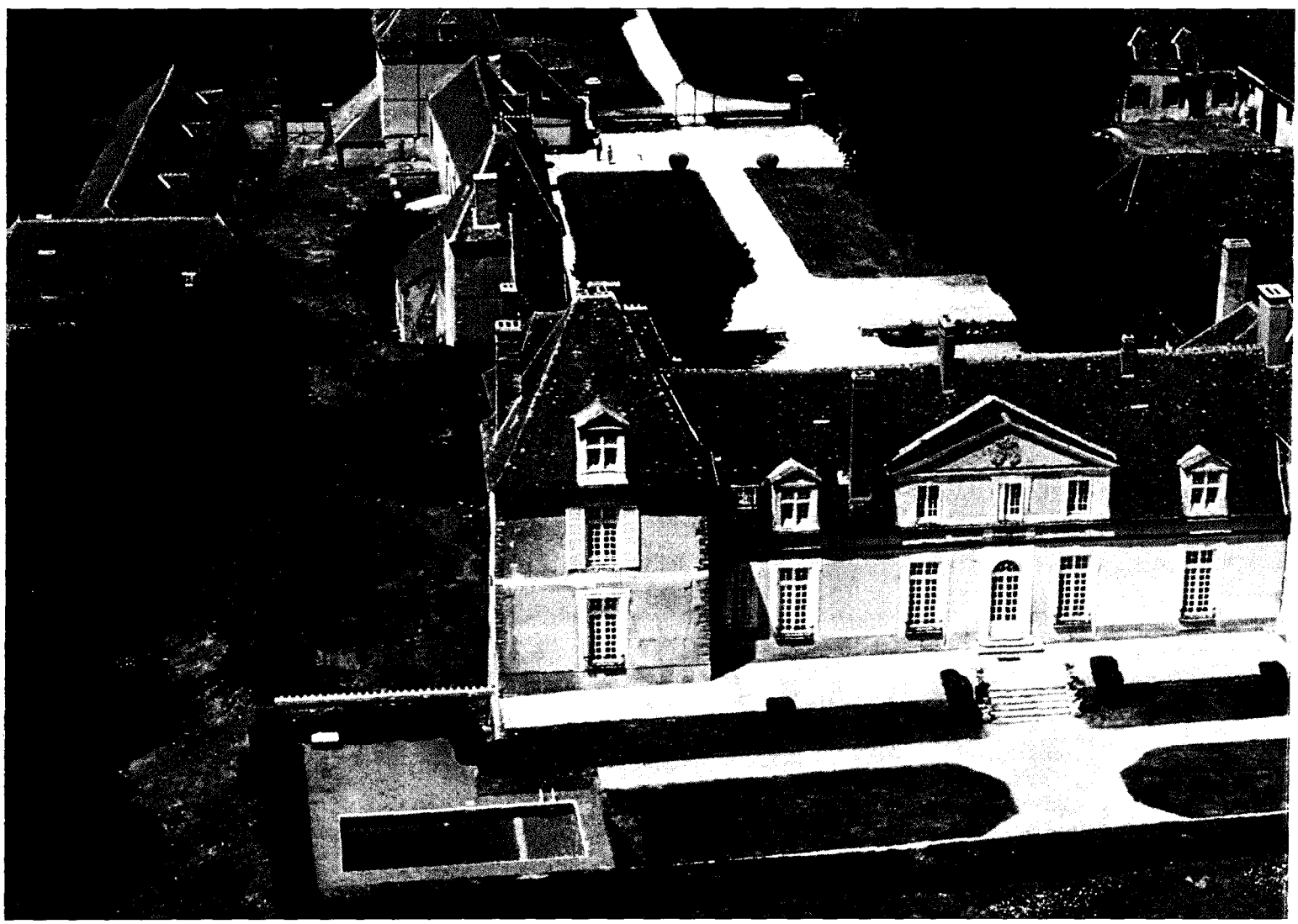

Roll up your sleeves and prepare to take notes. At this cooking school, the cuisine is lean, and field trips include a balloon ride over Burgundy.

BY CAROLYN HUGHES CROWLEY

"Dig these digs!" exclaimed Sally Simons, a New Jersey health-care consultant, as we drove under a canopy of overhanging trees, past two stone lions and through ornate black wrought-iron gates. Our van stopped in front of the 17th-century pink brick Chateau du Fey in the Burgundian countryside. Cooking school was about to begin.

We had arrived after a 90-minute drive southeast of Paris at the La Varenne cooking school in Villecien, a village of about 200 people. Along the way, we had crossed the Yonne River, watched hunters scouring the fields with their hounds, and admired quaint stone houses with climbing ivy.

Now Zulu, a 2½-year-old Rhodesian Ridgeback, and his bespectacled owner, British economist Mark

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Cherniavsky, welcomed us into their antique-filled Grand Salon. Warmed by a blazing fire, we clinked glasses of mineral water and toasted our great adventure—the one-week Grand Luxe gastronomic course offered in the fall to coincide with the Burgundian wine harvest.

We looked forward to the hands-on classes, the master chef's demonstrations, the wine tastings, a bread-oven demonstration of a wood-fired stove,

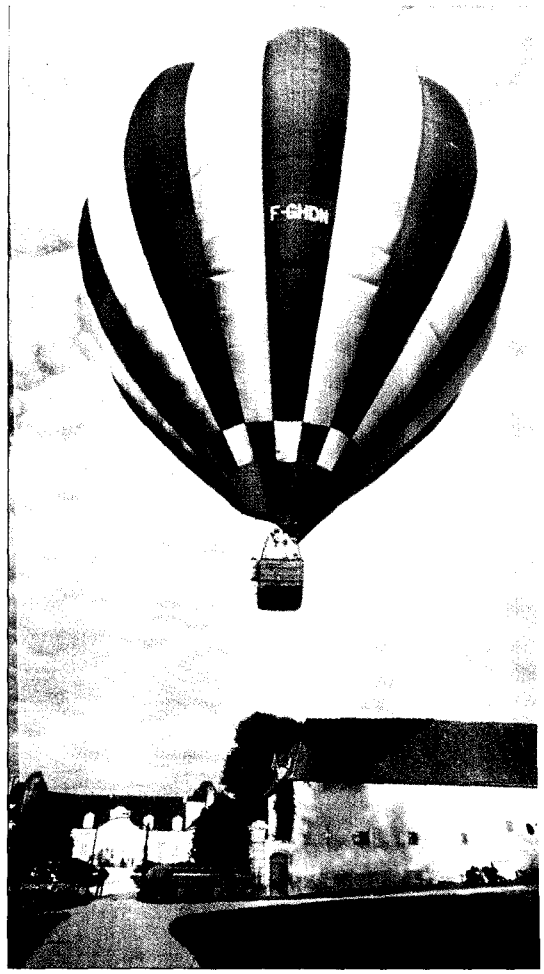
meals at the Côte St. Jacques in Joigny and L'Esperance in Vézelay, excursions into medieval Joigny to shop at the market, and a vineyard tour of Chablis, whose 5,700 planted acres produce 15 million bottles of dry white wine a year. The theme of our stay was country-house living.

We hurried up the wood stairs to our rooms. Mine in the tower on the third floor was the smallest of the chateau's 12 double bedrooms, each with a bathroom. Thankfully, no one has ever had to depend on its automatic fire escape—a contraption from Liverpool—hanging next to the window. I didn't volunteer to test its effectiveness by lacing its braided steel cable over my head and under my arms.

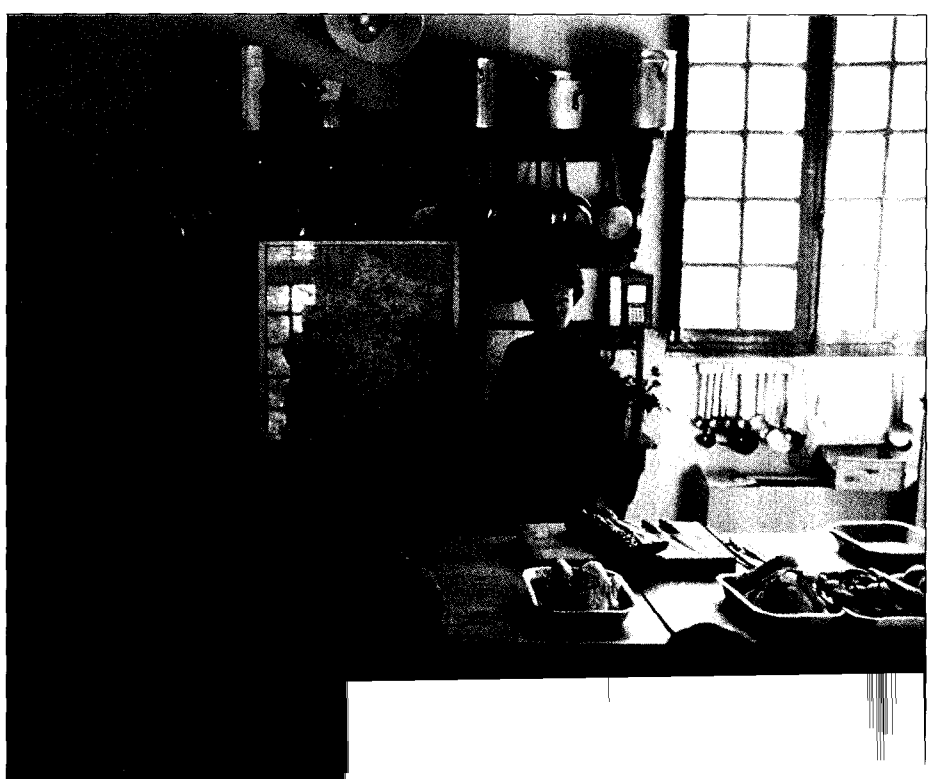
Before dinner, Mark gave us a tour of the chateau, which sits high on a hill overlooking the Yonne River Valley. Its interior is typical of the mid-1600s, with staircases placed in each wing rather than at the center, allowing a clear view in the three main rooms.

Until 1850, Le Fey was a 5,000-acre agricultural estate planted in vines. It declined to 1,000 acres with the introduction of railroads into sunny southern France and the ravages of a vine disease. In 1982, Mark and his wife, Anne Willan, bought it and its surrounding 100 acres, swimming pool, and tennis court for $500,000 as a family retreat. Its promise as a culinary haven soon emerged. The school opened five years ago.

With a little imagination, Fey might be linked to *feyturage*, a word found in the first French-English dictionary



Recess took students to new heights as they floated over the Burgundy countryside in a hot-air balloon. Back in the classroom, in-house expert Anne Willan judged "homework" not only by taste but also by color, size of the portions, and how the food was arranged on platters.



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La Varenne students became connoisseurs of fine French cheeses as they sampled and discussed texture, consistency, flavor, and aroma at a tasting party.

of 1611, meaning "a charm," or "enchantment." Among Mark's artifacts are 3,500 cookbooks, some from the 1500s, particularly French and British ones. "We are inspired and guided by these books," he said.

The chateau's barn shelters an 18th-century wine press and a stone wheel for extracting walnut oil or crushing apples. In one corner of Le Fey stands a turreted pigeon house, crowned by birds fashioned in lead. Before 1789, only nobility could own pigeons—and then only two per acre. One of the first privileges lost to nobility after the French Revolution was pigeon ownership.

Monsieur Milbert, 70, oversees the two-acre walled garden with its grapes, kiwis, raspberries, strawberries, leeks, red and black currants, asparagus, lettuce, Brussels sprouts, cabbage, sunflowers, and cherry, pear, apple, and quince trees. He plants according to the moon's phases and despises chemical fertilizers. His wife looks after the poultry yard.

After our tour, we were called for a light buffet dinner and a presentation by Gilbert Parret, a cheesemaker who owns a store with 400 different types of cheese. "French cheese tastes so good because of its raw milk," he explained.

Gilbert had arranged six different cheeses for us to sample, including *pâté fraîche* (uncooked cheese to be consumed either after drainage or without drainage; cottage cheese is an example), *pâté molle* (bloomy-rind, soft cheese whose downy rind makes penicillin; *Brie* and *Camembert* are examples), and *pâté pressee* (pressed to remove as much moisture as possible; *Gruyère* is an example).

During our first early morning walk up and down the driveway and along Chestnut Alley, Jane Fisher, an auto sales manager in Portland, Oregon, remarked on the frequent chiming from the chateau's clock. The bell announced the time on the hour, then again five minutes later, and rang once on the half hour. The persistent ringing had awakened her frequently. Not to worry, we were told by our hosts. We would get used to it . . . and we did.

Zulu accompanied us on our walks. He bid us all good morning each day before leading us down a hill to Villecien, where people were throwing

continued on page 84

BON APPETIT!

• **FOR MORE INFORMATION:** Call Judy Terrell, La Varenne's representative in Dallas, at 1-800-537-6485. Cost is $2,995 for double occupancy for Grand Luxe Programs and $2,250 for the Summer Series. Each one-week course includes four practical classes plus three demonstrations, a wine tasting, and excursions to Joigny and Chablis. All courses conclude with dinner on Friday at a three-star country restaurant. The van returns the group to the hotel the next Saturday by noon.

Fly to Paris' Charles de Gaulle Airport on Air France to set the tone for good food. Take the Air France bus to Hotel Meridien (48 French francs) where at 2 p.m. Sunday the van from La Varenne will meet the group, never larger than 14, in the lobby.

• **WHAT TO TAKE:** An adapter plug, because the voltage in France is 220; swimsuit; casual clothes for classes, excursions to marketplaces and small towns, and walks or jogs around the chateau; also dressy clothes for the three-star restaurants.

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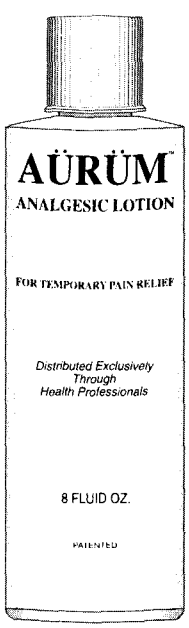

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EUREKA! IT'S ARKANSAS

When residents of this tiny Ozark community stage a play, everyone gets into the act. The result is the best show in town and the largest outdoor drama in America.

by Holly Miller

Sharon and Wilson DeLano were vacationing in country-music mecca Branson, Mo., when they noticed the billboards touting Eureka Springs, site of Arkansas' passion play. They checked the map—48 miles of breathtaking Ozark scenery—and decided to take a risk and make the trip. Eight years later, they're still talking about it.

"We've seen the play three times, and I'd see it again tomorrow if I could," says Sharon, a St. Louis resident. "It's *that* good."

So good, that the drama documenting Christ's last week on earth has attracted five million people since its debut 25 years ago. So good, that the play's producers boast that one in five fans returns annually to witness the lavish production. But such endorsements don't surprise Bob Foster, who jokes that he brought his tombstone with him when he relocated to Eureka Springs three years ago.

"I don't plan to go anywhere," quips Foster, executive director of the Elna M. Smith Foundation, sponsor of the play. "There's a sense of tranquility here. People come back year after year not so much to see something new, but to experience the feeling of peace."

The play's ranking as America's foremost under-the-stars production is based on attendance figures: Eureka Springs' Great Passion Play tops the list of 92 outdoor dramas in the country. National fame aside, the play is "local" theater at its best. The 300-member cast is recruited from the town's residents, and many area youth—veterans of hundreds of performances—can recite every line of dialogue from memory. Kids don't play cowboys and Indians around Eureka Springs; they play Great Passion Play.

"A number of children have been in the play almost since birth," says Foster. "Mothers carry them onstage as babies, and entire families participate season after season. Since the parents work and have lives to live apart from the theater, we average about 200 performers on any given night. Actors sign up for three, four, or five nights a week, and many have perfect attendance. The play enables families to be together for several hours, enjoy a ministry, and have part-time jobs. One woman is 85 years old and has been with us since opening night in 1968."

Additional townspeople perform important behind-the-scenes chores. An animal crew oversees the play's livestock (camels, sheep, donkeys, and horses); wardrobe experts work until

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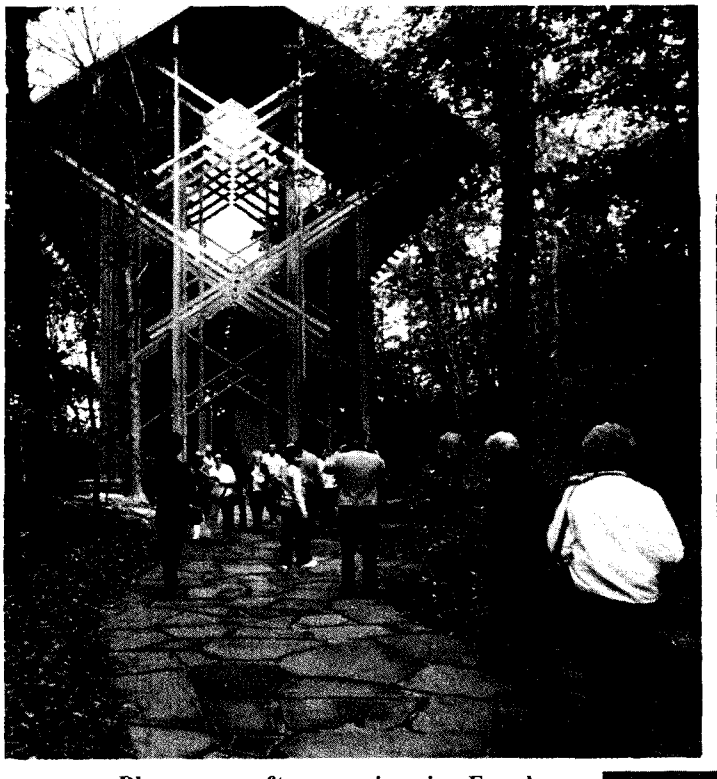

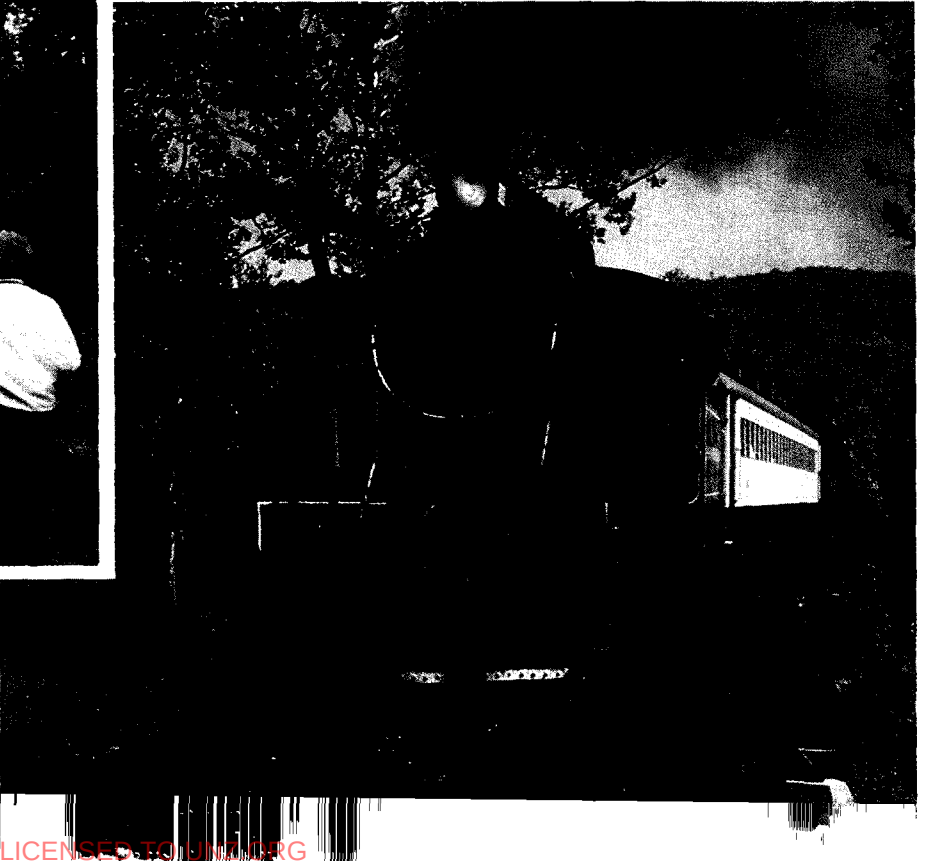

Playgoers often arrive in Eureka Springs early enough to visit Thorncrown Chapel and ride the rails of the Eureka Springs and North Arkansas Railway. An impressive seven-story statue called Christ of the Ozarks stands watch over the village from the grounds of the Passion Play.

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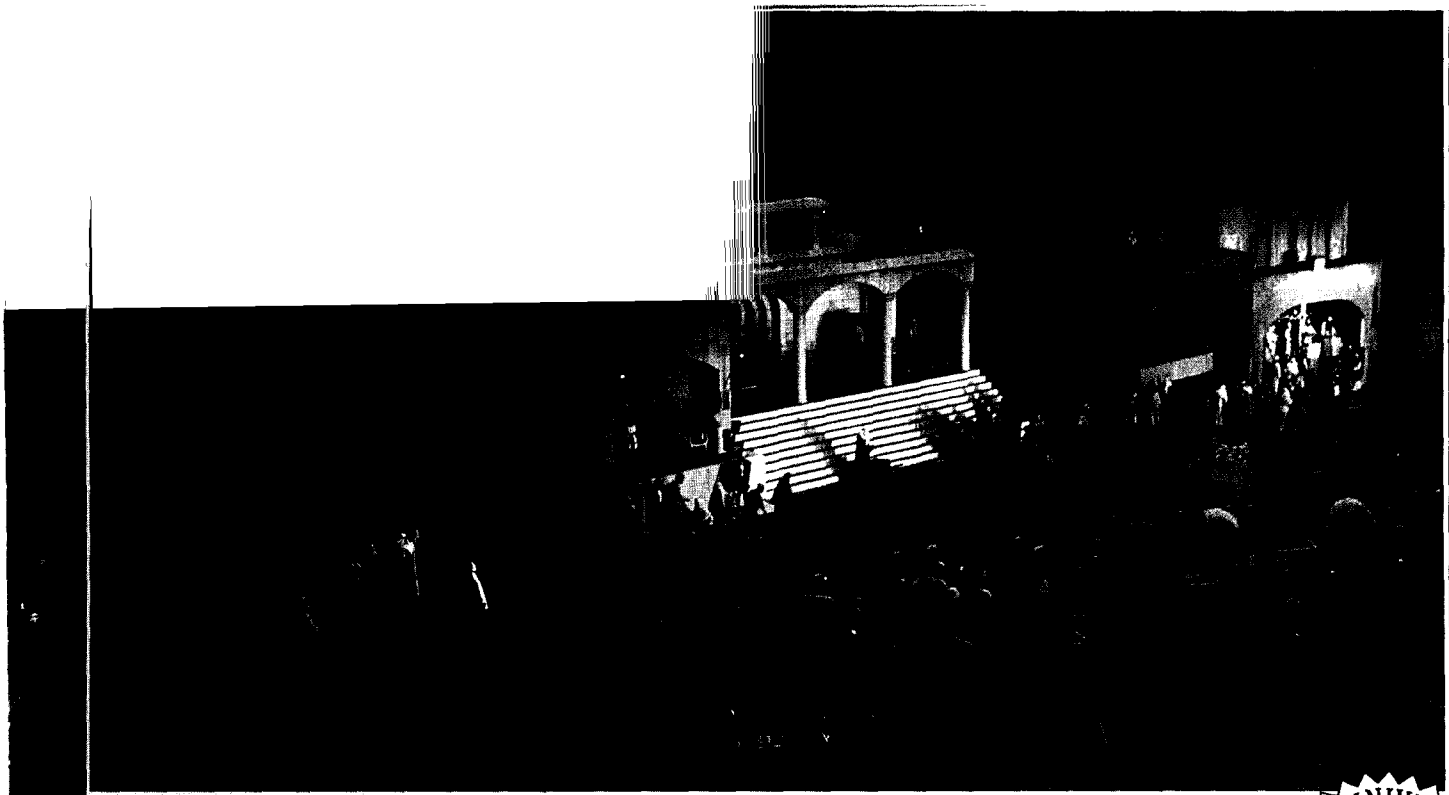

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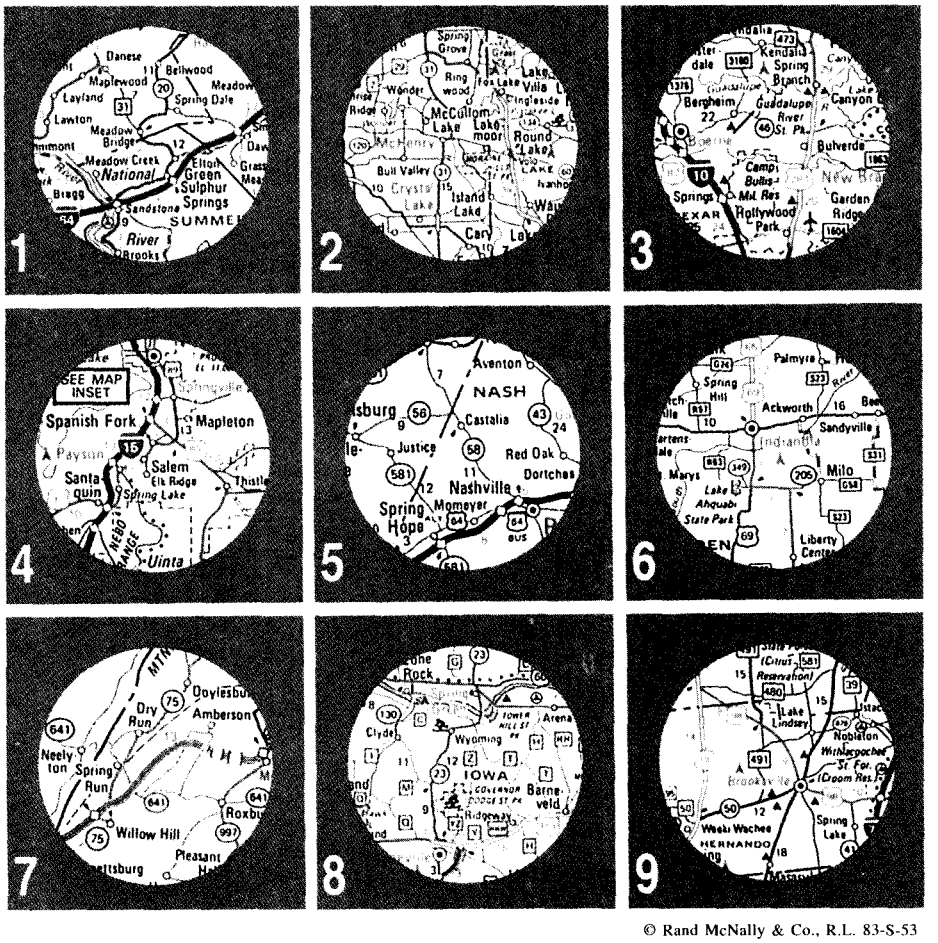
3 a.m. mending and cleaning hundreds of costumes; a set manager assembles scores of props; an engineer maintains a device that hoists an actor 50 feet into the air during the scene of Christ's Ascension; lighting artists devise special effects; and sound technicians carefully synchronize a prerecorded track with the onstage action so that few viewers realize the dialogue is not "live."

"The local population is pegged at about 2,000, and most of them have either been in the play or have had relatives in the production at some point over the years," Foster says.

Actors slip effortlessly into their roles as Jerusalem townspeople, usually taking the audience with them. The backdrop is as comfortable as the players' backyards, and the characters onstage are as familiar as family and friends. A feeling of déjà vu permeates the amphitheater within minutes of the opening processional. The hillside in Arkansas becomes the Holy Land, and 4,000 spectators make the transition to participants in the world's greatest drama.

"This play is no typical theater production," Sharon DeLano says. "It reminded me of everything I have read in the Bible. It was so real that I felt I was right there. For two hours I was living in those times."

For more information, write The Great Passion Play, P.O. Box 471, Eureka Springs, Ark., 72632, or call 1-800-882-PLAY for ticket reservations. The 1993 season opens April 30 and concludes Oct. 30. For a complete listing of special attractions in the Eureka Springs area, contact the Chamber of Commerce, P.O. Box 551, Eureka Springs, Ark. 72632, or call 1-501-253-8737.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

Working Vacation

continued from page 80

their shutters open to the sunshine.

Chef Claude Vauguet taught three of our practical cooking classes. We knew immediately he didn't fit the image of a temperamental French chef because, during the explanation of the different uses of eight knives, he held a knife to his cheek as if to shave and said, "This one's for cutting off beards."

We watched Chef Claude for more than an hour, writing down the changes he made to the printed recipes before us, adjusting the amounts of ingredients for recipes we doubled and tripled, and adding other ingredients. Then we divided into twos, took a cooking assignment, and wandered off to a section of the large kitchen to begin our work.

Somehow, we always produced succulent meals. We were confident we had "the best artist the world has ever seen" guiding us, said Janie Fowler, a caterer and cooking instructor from the Seattle area.

Unrattled, even with our questions bombarding him from all directions, Chef Claude moved from one twosome to another, always encouraging, and sometimes pretending to be angry by rapping our knuckles when he saw work that displeased him. Occasionally he would pound the marble counter in mock furor. We all knew he was kidding, and we dramatically overreacted to his reprimands.

"The best way to learn to cook is hands-on experience," said Nancy Young, mother of two from Portland, Ore. "You could listen all day, but that wouldn't be as helpful."

Every dinner we prepared—bar none, thanks to incorrigible, always loving Chef Claude—was better than the last. Our favorite was *Dos de Saumon Larde Au Raifort* (saddle of salmon with horseradish) over black lentils, a combination none of us had heard of or tried before.

Anne Willan, La Varenne's founder, critiqued our finished meals and their presentations.

"This is a Burgundian menu," she told us, circling the splendid looking

continued on following page

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dishes of *gourgeres* (a cheese dish), *Flans d'Epinards a la Muscade* (spinach with nutmeg), duck, *Pomme Darphin* (julienned potatoes), and *Poires et Pruneaux au vin D'Irancy* (pears and prunes in red wine).

"Rarely do I see such good efforts from students," Willan continued. She strolled over to the potatoes. "Nice and crisp," she noted.

One time she criticized us for size discrepancy. The salmon was too small for the big plate we had selected. Also, the plate's initial was facing the wrong direction. "The initial always goes in front of the guest," she corrected.

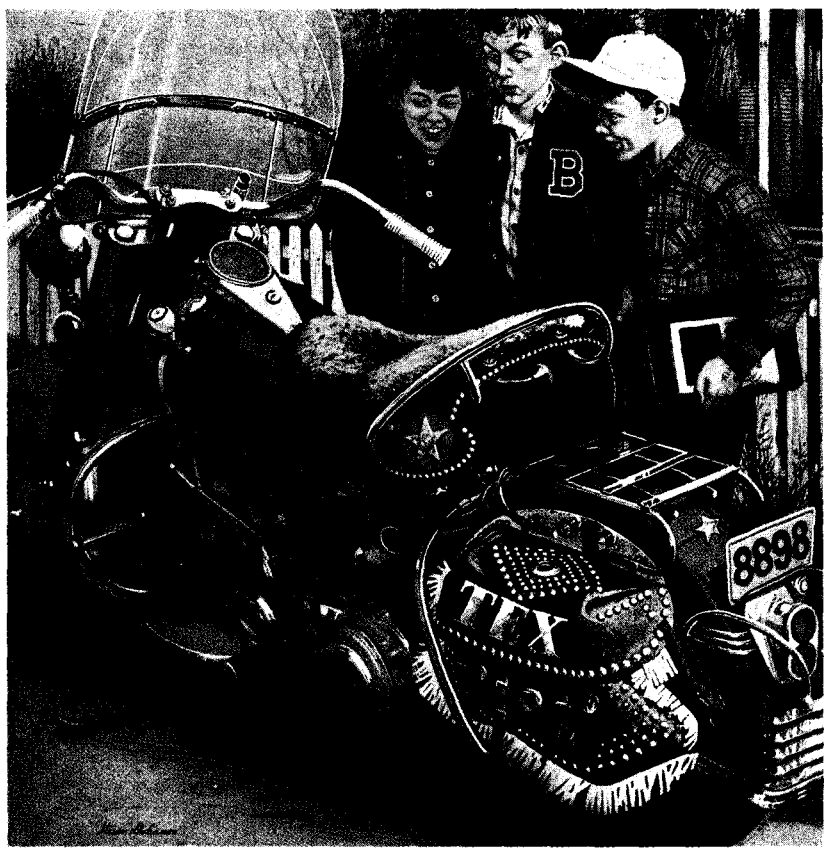
We all dutifully jotted down Anne's helpful hints and pledged to use them in our home cooking. We were in awe of her expertise. For the past 30 years, she has studied cooking techniques, lectured, written and edited cookbooks, and given classes in France and at the Greenbrier in West Virginia. She is a past president of the International Association of Culinary Professionals and a former magazine and newspaper food editor and columnist.

Anne's hope for students at La Varenne's cooking school is that they will "pick up one or two dishes, get a glimpse of French country life, and learn the structure and background of French food." She confirmed that once they have attended classes at La Varenne, students will never look at food and its presentation in the same way again.

"You're eating festive food here without gaining weight and besides that, you're learning different techniques. You'll go home knowing that cooking is enjoyable and something to be tried. Rank beginners are great fun because they experiment."

Novices or immediate chefs-in-training, we never stopped having fun during our stay. Ballooning was a special thrill. At the end of one "field trip," we landed gently in a cut wheat field a few feet from a village of 35 people who live in 1,000-year-old homes. The unflappable British team that had taken us aloft poured a round of orange juice into plastic cups for the village kids who ran to greet us.

The week ended too quickly. As we prepared to depart, we compared notes on the highlights. For Sally Simons the "fun and orchestrated chaos" in Chef Claude's kitchen is what she'll remember. Janie Fowler got a "good glimpse of French hospitality some people would tell us doesn't exist." She'll use several recipes she learned at La Varenne for family holidays. Pamela Cone, of Ann Arbor, Mich., likened her visit at La Varenne to "an ever-rising soufflé of delight." I agree.



Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of no less than five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by April 23, 1993.

The winner of the March/April 1993 contest will be announced in the July/August 1993 issue.

Our congratulations and a check for $100 go to Merlene Hill of Downey, California, for the winning entry in our Nov./Dec. 1992 caption contest.

Said father to son, "As you grow,
To weather-forecast you must know
These facts, in the main:
Wash your car to bring rain,
And shovel your walks to bring snow."

Welcoming Walks

continued from page 62

The basket-weave pattern, which looks like its namesake, is formed by laying two bricks side by side, turning the next two 90 degrees, and repeating the process. The change in direction is very pleasing to the eye.

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The basket weave requires a little more skill to install than the running bond because bricks vary slightly in size; keeping the pattern straight requires minor shifting of bricks here and there.

Of the three basic brick-laying patterns, the herringbone pattern is by far the most intricate and difficult to install, but it locks together and resists movement better than the others. The herringbone pattern is a variation on running bond. Instead of being laid in straight rows, the bricks run at a 45-degree angle to the edge and meet end-to-side (rather than end-to-end). Because all the bricks along the edge of the walk must be cut at 45-degree angles, you'll have to develop brick-cutting skills.

At the planning stage, you also need to decide whether you want a border for your walkway. A border can be composed of bricks set in a position different from the pattern of the walk (end up, for example), or it can be made of a variety of other materials, such as landscaping timbers, railroad ties, or stone. Many masons insist on installing a border to prevent the bricks from shifting, but I don't think one is necessary in most cases. Still, many people think a border gives a walkway a more finished appearance.

Before you choose the location for your walkway, think about what lies below ground. You don't want to slice through underground wiring or plumbing as you excavate the bed. Even if the underground utilities are well below excavation depth, the day may come when they will require service and your walk will have to be torn up. The plot plan of your house may show where wires and pipes run. You also should ask your local utility companies to come out and mark the location of the lines; there's usually no charge for this service.

To save yourself time and trouble, I recommend that you put your ideas on paper. Draw different patterns, borders, and walk shapes to see which you prefer. I use ¼-inch graph paper. Because the standard brick is twice as long as it is wide (8 inch x 4 inch), I let every two blocks represent one full brick. Keep in mind that your design won't work out exactly when you actually lay the bricks—bricks aren't perfect and neither are you.

Bricks That Last

I recommend you buy only bricks made specifically for paving. Bricks in walks are subjected to traffic and moisture, and in most of the United States they also must endure repeated freezing and thawing. Bricks made for house walls can quickly deteriorate under such conditions. The American Society for Testing and Materials (ASTM), an industry association that sets specifications for building materials, has described the manufacturing requirements for paving bricks in its "Standard Specification for Pedestrian and Light Traffic Paving Brick" (ASTM C 902). Ask your supplier if the bricks you want to buy conform to this specification.

Avoid used or salvaged bricks. Their rustic or historic look may make them appealing, but in my experience, most aren't durable over the long haul. If you want the look of old bricks, select new reproductions.

The best place to buy bricks is at a local masonry-supply company listed

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in the yellow pages of the phone book under "Brick." Specialty companies have the best prices and the widest selection. Many also have a showroom of samples.

To order bricks, you'll need to calculate the square footage (length times width) of your walk. I estimate four and a half bricks per square foot, regardless of paving pattern. If you want a brick border around the walk, you have to add some extra bricks. You also need to allow for misshapen and broken bricks. I generally add five percent as a cushion. If you end up with extra bricks, keep them on hand for small repair jobs.

For a dry-laid walkway, you'll also need sand and finely crushed gravel (also called stone dust or stone screenings). You can buy them in bulk from a sand and gravel dealer. If you can't get stone dust, buy fine gravel. (Ask for ⅝-inch chips or common pea gravel.) For most climates, one inch of sand and 3 inches of stone dust (or gravel) is sufficient for the bed. The sand and gravel dealer can calculate the quantities you'll need from the square footage of your walk.

A Level Foundation

You'll have to excavate to get the level of your finished walk at or slightly above the soil level. First, make a digging guide. Lay out a short section of walk, placing the bricks on top of the ground in the pattern you intend to use. Then measure about 6 inches from either side of the bricks to determine the width of the excavation. (The extra space allows room for work space and 2 x 4s, which serve as temporary brick-laying forms.) Pound small stakes into the ground at these two points. For straight walks, I do the same at the other end and stretch a nylon line between the stakes at each end.

If your walk is curved, determine the outlines of the excavation with garden hoses. Move the hoses around until you get the curve you want. Then mark their position by filling a small funnel with powdered, hydrated lime (available from building-supply stores) and let the lime sift out next to the hose, using your finger as a release control.

To figure how deep to dig, add together the thickness of a brick and 4 inches for the sand and stone dust. Dig out the base of the walk with standard hand tools—pick, mattock, shovel, and rake. If you don't already have one, consider investing in a square-point shovel, which has a flat blade. It's ideal for removing soil and for slicing thin layers of the bottom of the excavation. Stop occasionally to check the depth. I lay a plank across the excavation and measure down with a tape or a ruler.

Forms Ease the Work

To hold the bricks (or the border) in place as you lay them, it's a good idea to put in temporary forms. Drive sharpened stakes at 4-foot or 5-foot intervals along the excavation. The tops of the stakes should be at the level of the finished walk, and the sides should be just far enough from the edges of the walk to leave room for a 2 x 4 or a piece of plywood. For straight walks, nail 2 x 4s even with the top of the stakes to create a frame. If your walk is curved, bend strips of ¼-inch or ⅜-inch plywood and nail them to the stakes. Then, shovel soil against the outside of the forms to prevent the stone dust from spilling out under the 2 x 4s or the plywood.

If your walkway is on level ground, pitch it to eliminate standing water. A drop of ¼ inch per one foot of width is enough to encourage runoff. For example, a 3-foot wide walk should have one side ¾ inch higher than the other. Check the pitch with a level and adjust the height of the forms accordingly.

A Bed for the Bricks

Inside the forms, put down a 3-inch layer of stone dust followed by a one-inch layer of sand. To distribute stone dust and sand evenly, you'll need to make two screeds (leveling boards). I cut lengths of 2 x 4s about 8 inches wider than the walk and notch each end so that the 2 x 4s hang inside the forms down to the top level of the stone dust or sand. I push the screed along the forms, which serve as rails, spreading and smoothing the stone dust or sand. To reduce settling, I compact the stone dust with a hand tamper (available at rental centers) before adding the sand. I don't compact the sand—bricklaying settles it into place.

Laying the Bricks

This step is easy. To establish the pattern, I start at one corner of the walk and work across to the opposite edge. Then I set each brick firm into the sand by tapping it down lightly with my hammer handle. Sometimes I crack a brick as I tap it. Because the crack will only get

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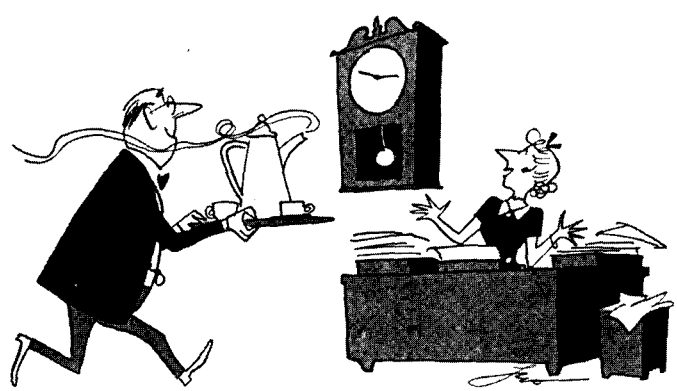

You Be the Judge

by José Schorr

Mr. Clocker, who prided himself upon being an enlightened boss, insisted that his workers take coffee breaks morning and afternoon. Production, he was pleased to note, increased. But being businesslike, Mr. Clocker did not pay the workers for the time they took off. The Department of Labor subsequently sued to make him pay.

"He got more work out of his employees by giving them the coffee breaks," Government attorneys argued, "than he would have got without giving them that time."

"As the law does not require me to share my profits with my workers, their increased production is beside the point," Mr. Clocker replied. "I'm only required to pay them for the time they work, not for the time they don't work."

If you were the judge, would you make the boss pay?

The boss had to pay. The court ruled that coffee breaks benefit the employer as much as or more than the workers. Therefore, it said, the employer should pay for that time.

Based upon a 1956 U.S. Court of Appeals decision.

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larger, I discard the brick without hesitation. I stop occasionally to make sure that the bricks are even with the top of the forms by laying a 2 x 4 across the walk. If I have trouble getting a brick to settle into position, I slide it back and forth in the sand. I raise low bricks by removing them and adding sand.

No matter which pattern you choose, sooner or later you'll have to cut a brick. Use a tool called a brick-set chisel, which has a 4-inch wide blade. Mark the brick where you want to cut by drawing a line on it with a small square and a pencil. Lay the brick on a piece of 2 x 4 or on the ground to cushion it. Set the brick-set chisel on the line and strike it with a hammer. Wear safety glasses; flying chips can injure unprotected eyes.

When you've finished laying the bricks, remove the forms and fill in along the edges with earth removed during excavation. If you ran your walk across a lawn, reset strips of the sod you pulled up along the edge of the walk. The last step is to throw a couple of shovelfuls of sand on the walk and sweep it into the spaces between the bricks with a stiff broom.

Your walk can be used immediately. You can put in a walk one day and entertain guests that night.

Richard T. Kreh Sr. is a masonry consultant in Frederick, Maryland.

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Book Shelf

continued from page 30

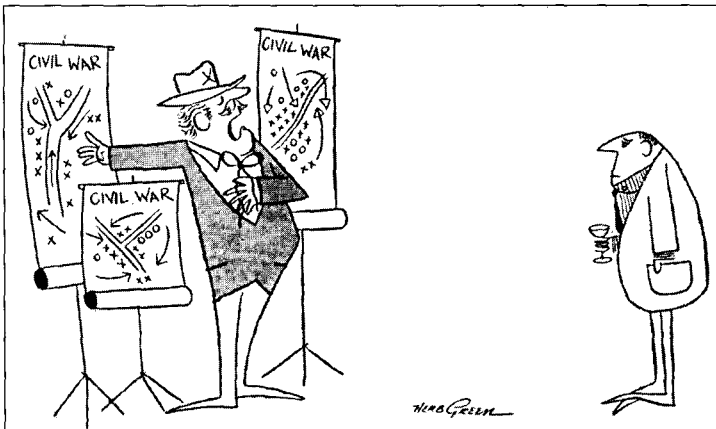
been made—or is about to be made—into movies for the big screen as well as the small.

In the process, as Ben Franklin had done centuries before with newspaper publishing, King has taken what for decades had been a specialized—and thus highly unprofitable—endeavor (horror fiction) and made it both palatable for the masses and profitable for himself. By focusing on the horrific and unusual among ordinary people in everyday circumstances (much as Shirley Jackson, one of King's admitted influences, had done with her 1948 short story "The Lottery"), King has made horror agreeable for the reader who might have been repulsed by the vulgarity of much 1950s horror—or bored stiff by the sticky 1920s work of H.P. Lovecraft.

Freelance writer George Beahm originally published *The Stephen King Story* in 1991 as a worshipful overview of the man whom *The New York Times* once called "the maestro of the macabre." Although the book was not the first of its kind, Beahm's hardback version did contain, in addition to a listing of King projects both past and forthcoming, a bibliography of books *about* Stephen King (30 to date, including Beahm's own 1989 *Stephen King Companion*) and a listing of all audio adaptations.

Fortunately, Beahm has made his listings even more current for this more up-to-date large paperback edition. The true Stephen King fan (as Beahm purports to be in his book) should therefore find enough information to satisfy his or her curiosity about the man who, jokingly, refers to himself as a "Bestsellasaurus Rex."

—Jack Gramling



The Perfect Squelch

Colonel Harwood, a professional Southerner, was having a wonderful, windy time at a Chicago party, telling a group of young people all about the Civil War.

Ignoring their politely restrained impatience, the colonel hammered out his usual endless and pointless lecture on how things should have been.

When one weary young man tried to terminate the monologue by mentioning that he had gone to college in the South, and therefore knew something of its problems, the colonel started a fresh lecture.

"You have lived in the South, young man," he said finally. "You know its people. You know what they've been through. Now tell me, if another Civil War were fought, what would you do?"

"Sir," the young man said cheerfully, "I'd move to California and watch it on television."

—Thomas N. Puschak

Tomorrow

continued from page 45

"I went close enough," Pruitt said. "I would get close enough to the field to hear him cussing at the man for not moving fast enough and to watch the man trying to keep up with him, and to think what a good thing it was Jackson hadn't got two men to work the place while he was gone, because if that old man—and he was close to 60 then—had had to spend one full day sitting in a chair in the shade with nothing in his hands to chop or hoe with, he would have died before sundown. So Jackson left. He walked. They didn't have but one mule. They ain't never had but one mule. But it ain't but about 30 miles. He was gone about two and a half years. Then one day——"

"He come home that first Christmas," Mrs. Pruitt said.

"That's right," Pruitt said. "He walked them 30 miles home and spent Christmas Day, and walked them other 30 miles back to the sawmill."

"Whose sawmill?" Uncle Gavin said.

"Quick's," Pruitt said. "Old Man Ben Quick's. It was the second Christmas he never come home. Then, about the beginning of March, about when the river bottom at Frenchman's Bend would be starting to dry out to where you could skid logs through it and you would have thought would be settled down good to his third year of sawmilling, he come home to stay. He didn't walk this time. He come in a hired buggy. Because he had the goat and the baby."

"Wait," Uncle Gavin said.

"We never knew how he got home," Mrs. Pruitt

continued on page 102

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"How I Conquered Arthritis Pain!" - Frankie Avalon

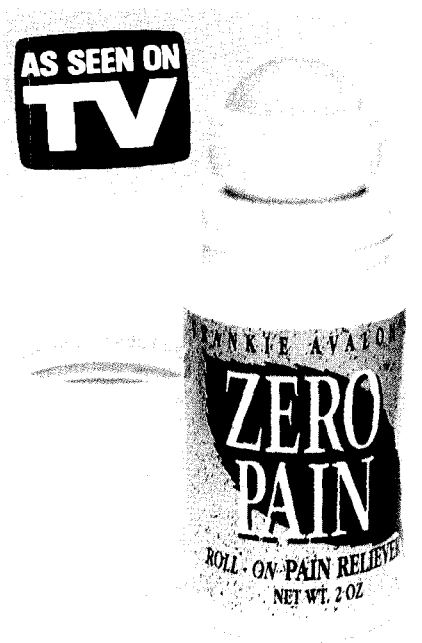
Years ago, I awoke one morning with severe pain in the fingers of both my hands. I looked at my watch, quickly showered, dressed, and headed for my regular golf game with my friends, praying that the pain would go away before I arrived at the country club. Well, the pain did not go away. As I attempted to grasp my golf club, the pain in the joints of my fingers was so severe, that I had to leave my pals and cancel my plans for the day.

I immediately went to my doctor who advised me that I was suffering from arthritis in my fingers. I told him that I needed to do something about the pain, especially since I was scheduled to start shooting "Back To The Beach" with Annette Funicello in just a few weeks! He gave me two choices... take aspirin (no good, for it upsets my stomach) or cortisone shots (absolutely not, because of the possible side effects).

For the next few weeks, I must have tried every over the counter pain remedy on the market — all of which did nothing except make me smell like a walking hospital! On the very first day of filming with Annette, a scene called for me to knock on a door. It was embarrassing when the director had to stop the film to ask why I was using the palm of my hand instead of my knuckles to knock. The explanation upset me a great deal!

In a desperate search to find anything that would help, I finally discovered Zero Pain™ through an herbalist friend of mine. When I tried it, I couldn't believe the results. This stuff really did the trick. The pain was gone. The manufacturer explained to me that Zero Pain™ is a unique herbal formula featuring "Capsaicin" extract that works by penetrating deep and actually blocks the pain signals that lead to the brain. All I know is that it really worked! I was so excited about the product, that I have since dedicated a great deal of effort to share this amazing product with everyone. It turns out that I'm not the only one it has helped!

"I think it's the greatest product that ever came out, it really saved my life that I can get through a day without pain." ***Pearl Ann***

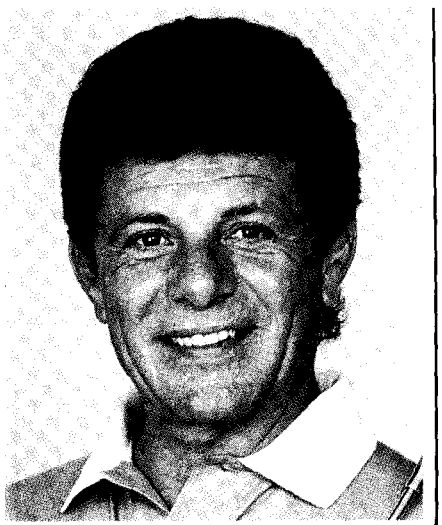


Convenient roll-on dispenser makes application fast and easy.

"I can actually feel the warmth penetrating down to the bone and everything, all of a sudden I was moving my arm again!" ***Georgina Greiner***

"Believe me it worked, it really worked." ***Emma Cross***

"I used it, don't ever take that off the market it's a God send." ***Emily Turner***



"Thanks to Zero Pain™, I still enjoy a good game of golf!" - Frankie Avalon

In my opinion, until there's a cure, Zero Pain™ is the best pain relief you can have. No matter if you're young or old, if you suffer from arthritic pain, strained back, or sore muscles, I urge you to try Zero Pain™. I know you'll be as amazed as I was. You have my personal guarantee. If you don't feel amazing relief from pain, simply return it for a full refund. Just fill out and mail in the coupon below. We'll rush out your order immediately!

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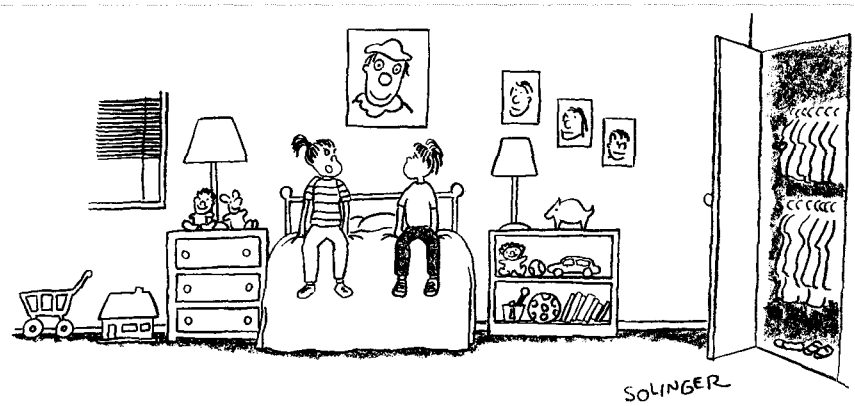
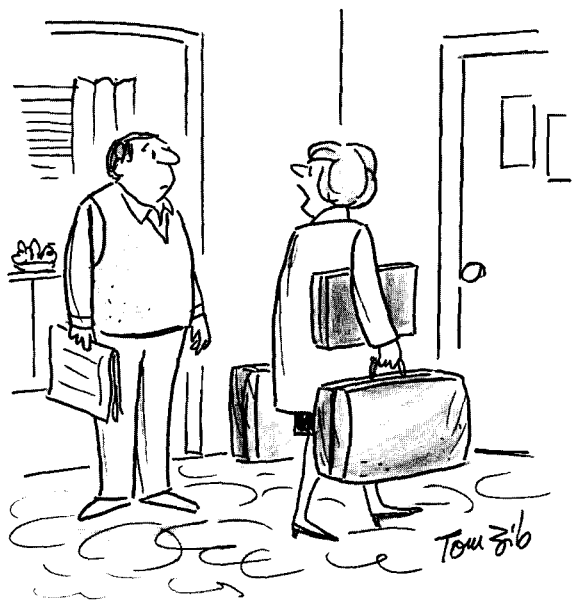
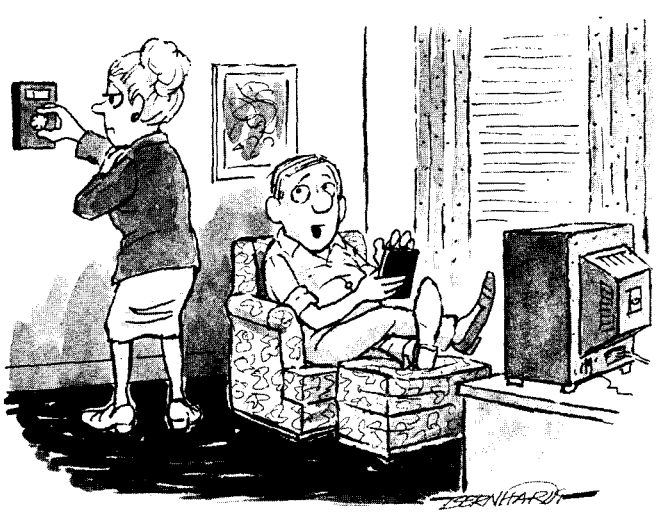


"It's tough to keep up a messy room when your dad is a quality-control manager."

"Oh, for heaven's sake, Hubert, what's so unusual about the tide coming in?"



"Coupons."



"O.K., it's a deal. I control the TV and you get to set the thermostat."

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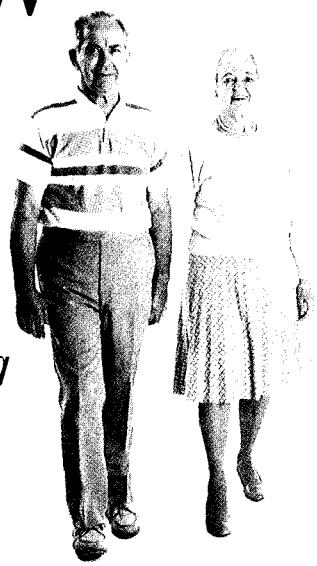

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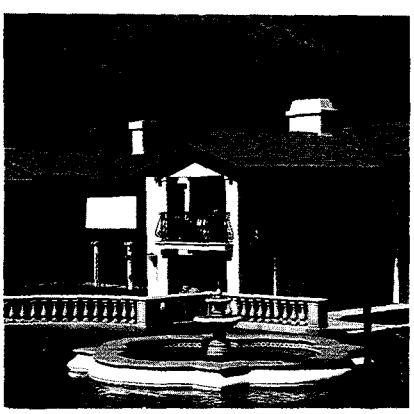

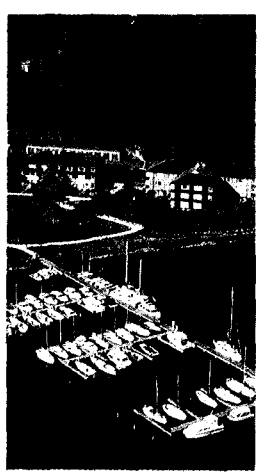

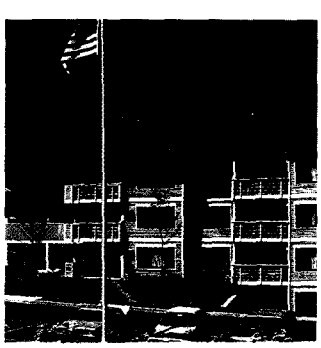

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on."—*Benjamin Franklin*

Vice President Gore and Sulfites

While a senator, Al Gore came to the rescue of the 10 million asthmatics in the U.S., 10 percent of whom are believed to be dangerously allergic to sulfite food color-enhancing additives.

His fast footwork came after the death of 10-year-old Medaya McPike in 1985. Numerous other deaths had been caused by sulfites leading congressmen to note that it was the only food additive tied to fatalities in the last 20 years.

Gore's efforts culminated in an amendment that led to the FDA's banning of sulfites on produce and fruits in salad bars in 1986 and to a further ban of sulfites on peeled potatoes in 1990.

Asthmatics thank our VP Al Gore for sulfite laws and they hope he will tackle secondhand smoke next.

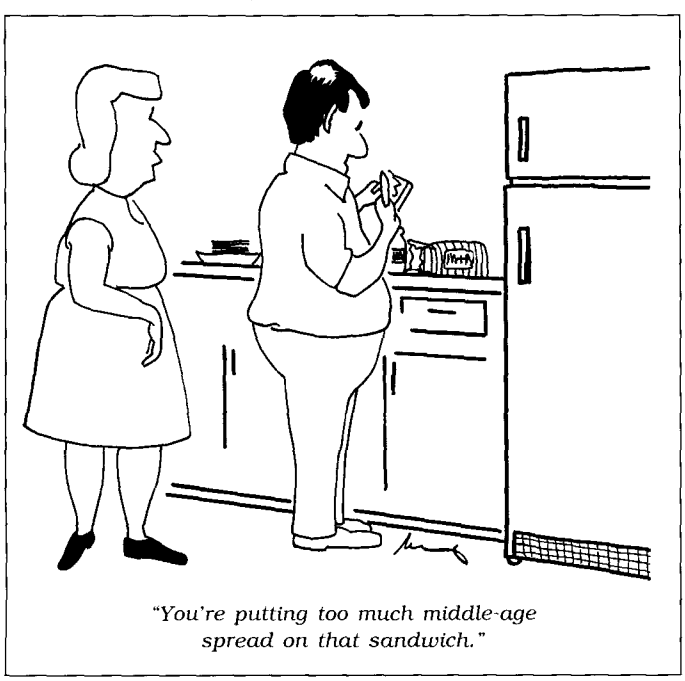
For people at risk, sulfites are poisons, masquerading as cosmetic additives. Sulfiting agents can make wilted lettuce appear fresh and colorful and prevent peeled potatoes from turning brown.

Although the National Restaurant Association had recommended that its members stop using sulfites, the problem remained that sulfites were often added to foods before they got to restaurants.

Thanks to efforts of our new environmental VP, if sulfites are used in prescription drugs, wine, and packaged foods, the labels must say so.

Asthmatics who might be sensitive to sulfites should look for these names on labels:

sulfur dioxide
sodium sulfite
sodium and **potassium bisulfite**
potassium metabisulfite.



"You're putting too much middle-age spread on that sandwich."

Now that we know the dangers of secondhand smoke, will Vice President Gore come to the rescue of the 10 million asthmatics and the millions more emphysema patients who must endure the suffocation of trying to breathe in smoke-polluted airports, restaurants, and workplaces? No one needs tell *them* that secondhand smoke is dangerous. Those with handicapped lungs have felt the agony of breathing it for years. We think our environmental VP will respond to their needs.

Folic Acid and Pregnancy

Our *Post* readers know that we have been hammering away that all sexually active women and girls take a B vitamin, folate, to prevent having a baby with spina bifida.

In 1982, it was our lead article in this column. But as Ben Franklin said, "You will observe with concern how long a useful truth may be known before . . . practiced upon."

Now ten years later, the *Washington Post* ran an article on January 12, 1993, with the headline, "Folic Acid Needed Even Before Pregnancy."

A full decade earlier, the *Post* sounded the siren for folic acid to help prevent the devastating consequence of a baby born with spina bifida or anencephaly. Most women get half of the recommended daily amount (0.4 milligrams).

This hit home when Bill Hudnut, the former mayor of Indianapolis, and his wife, Beverly, conceived a much-wanted baby without using the folate precaution. Several months into the pregnancy, doctors discovered the fetus was severely deformed. One result of a lack of folate is anencephaly (no brain develops). This is what happened in the Hudnut pregnancy.

Because of the severity of the defects, the Hudnuts reluctantly decided to terminate the pregnancy. "Our decision was very difficult," Beverly recalled, "but perhaps it was made a little bit easier because there were so many problems. The doctor said if the child was not born dead, that he would die shortly after birth." An autopsy later showed the baby also suffered from diaphragm and cardiac defects in addition to anencephaly.

The Hudnuts were uncertain what had caused the birth defects. Neural tube defects occur more commonly among infants of women who have a family history of the defect. (However, only one in five women who bear a spina bifida

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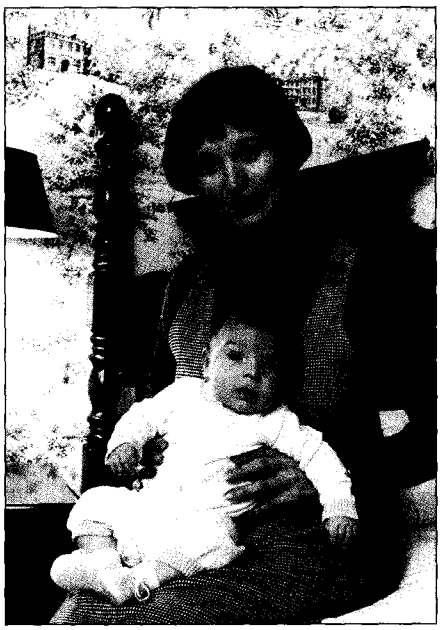
baby have a family history of the birth defect.) There was no history of neural tube disorder in Beverly's or her husband's family. We sent her some information about the complication, including one report that stated researchers believe 70 percent of neural tube defects are preventable with folic acid supplements.

"One of the things that we took into consideration, thanks to some information you sent along to us, was folic acid and its possible preventive effects on neural tube defects," Beverly told us. "We were in the process of planning to have another baby, and the doctor's recommendation was to take 4 milligrams a day of folic acid prior to becoming pregnant and then up to two to three months after conception. That's exactly what we did. I started taking the folic acid supplements at least three to four months before we even attempted to become pregnant again, and then, just to make sure, I probably stayed on it about four months after pregnancy."



Beverly Hudnut took 4 mg of folate for four months before she attempted a second pregnancy. Meet Christopher Hudnut.

The result was Christopher Hudnut, a healthy baby boy. Today he is their pride and joy. Because of Beverly's experiences, she now speaks out about the need for sexually active women to take folate, just in case.

Every year 2,500 babies are born with neural tube defects in the U.S. An additional 1,500 fetuses are miscarried, usually in the second trimester. Neural tube defects occur when the bones of the spinal column fail to close completely over the developing spinal cord of the fetus. This condition, spina bifida, can result in infants born with paralysis of the legs and bladder.

Although many foods contain folic acid, women should not depend solely on diet for their supply. The vitamin is present in green leafy vegetables, dried beans, liver, orange and grapefruit juices, some breads, beans, and fortified dry breakfast cereals. However, the average woman gets only about 0.2 milligrams of the vitamin daily through foods, only half the recommended daily allowance for adults.

We spoke with Aubrey Milunsky, director of the Center for Human Genetics at the Boston University School of Medicine and a member of an FDA advisory panel, on the subject of supplements.

"The first weeks are critical," Dr. Milunsky stressed. "Women should not wait until after they learn they are pregnant to begin supplementation. They should take the vitamin when they are planning pregnancy."

The panel, he said, recently recommended that food, most likely flour, be fortified with folic acid to prevent neural tube defects. If the FDA follows this advice, it would be the first new fortification of food since 1974, when iron was added to enriched flour to prevent iron-deficiency anemia.

Mitral Insufficiency

Dear Dr. SerVaas:

My aunt said she has heart trouble called mitral insufficiency because she had rheumatic fever as a child. Is it possible that could come years after her rheumatic fever as a child? She is in her 80s and has had heart trouble for several years.

May Oxford
Chicago, Illinois

Yes, many years after an untreated strep infection or rheumatic fever, heart valve difficulties can appear. The heart's mitral valve is a common site of the problem.

Today, prompt treatment of strep infections with antibiotics prevents much of the delayed mitral insufficiency caused by earlier strep infections.

Cornstarch Allergy Hard to Detect

Dear Dr. SerVaas:

I found out after years of suffering that I am allergic to processed cornstarch. One of the things that made it so difficult to determine what caused the violent cramps and diarrhea was that it took about six hours after ingesting cornstarch for the reaction to occur. The allergy must arise in the part of the digestive tract six hours removed from eating. I would get violent cramps, and flu-like sickness would follow for 12 hours.

Finally, I asked our son Kevin, a chef, why I got sick when I ate restaurant gravy and didn't get sick when I ate gravy at home. He told me that some restaurants use cornstarch in their gravy. We would go out to eat and assume I must have had too much greasy food.

This could be hereditary. My brother has a little problem, but his is not nearly as severe.

There must be other people suffering from the same

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thing and don't know why.

I wrote to the Argo cornstarch packagers to see if they had letters from others allergic to the product.

We also discovered that powdered sugar packaged by the C & W company contains cornstarch.

We have been told that we could buy powdered sugar in kosher stores as kosher food doesn't use cornstarch. We haven't found a kosher store yet.

James Terlouw
Pella, Iowa

During Passover holiday, the majority of Orthodox Jews are not permitted to eat cornstarch products. Instead they use potato starch as a thickener. They get powdered sugar without cornstarch from the Domino Sugar Corporation of New York, NY. We learned that Domino makes cornstarch-free powdered sugar, but it comes only in 50- or 100-pound bags.

Media relations representatives at Domino told us that although they make it for industrial manufacturers, such as Manischewitz, it is not available to the buying public and that they didn't know of any source. The reason it isn't available is that powdered sugar without cornstarch cakes on the shelf.

Sometimes shelf life is more important than human life.

Dr. Phillip Wells of the Product/Research Department at CPC International Inc., makers of Argo cornstarch, said the company has heard from some people who have allergic reactions specifically to cornstarch.

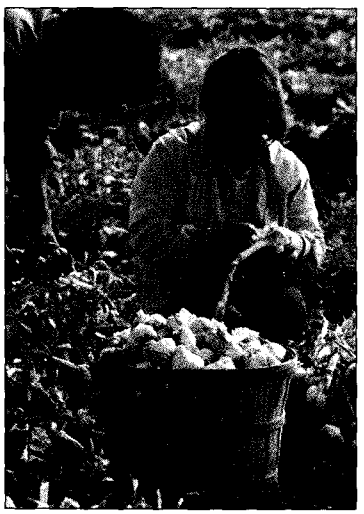
People who are allergic to starch react to the combination of sugars that make up the starch. They are generally not sensitive to corn syrups, which are produced by adding acid and heating the cornstarch.

Cornstarch may be found in such products as canned baked beans, puddings, frozen pot pies, frozen pizzas, cake mixes, and baby foods. Those allergic to cornstarch may substitute arrowroot or agar-agar in their home cooking.

Vinegar and Garlic

Dear Dr. SerVaas:

I have a friend with a problem concerning blocked arteries. Because another operation has been ruled out, the treatment is now limited to medication and diet.

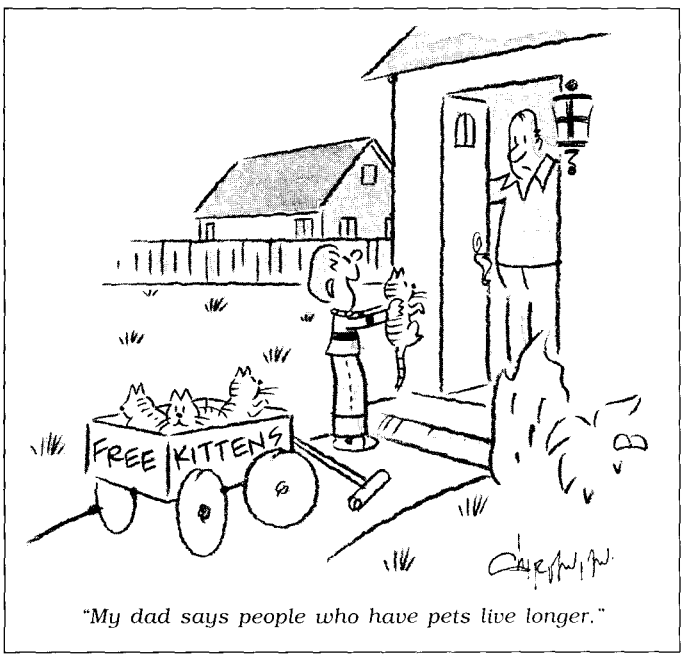


I was told by various people that vinegar would cut fat intake if consumed after a meal and that garlic would cut cholesterol even to the point of reducing the buildup in arteries. Can either of these together or separately do anything positive to cut fat and/or cholesterol intake or buildup?

James Hughey
Bennettsville, S. Carolina

Studies continue to demonstrate that people who eat large amounts of garlic have lower incidences of stomach cancer, lower cholesterol and triglyceride levels, and suffer fewer heart attacks and strokes.

Vinegar is not mentioned in recent medical literature with respect to the heart. But, of course, vinegar is a low-fat alternative to fatty dressings on salads.



"My dad says people who have pets live longer."

Nosebleed Sufferer

Dear Dr. SerVaas:

My grandpa and I have nosebleeds. What causes nosebleeds, and what can we do about them?

Carolyn Adams, age 10
Memphis, Tennessee

Most children have nosebleeds from time to time. Teenagers and adults have them less often. Most nosebleeds start when a small blood vessel leaks.

Usually nosebleeds are caused by irritation or dryness of the nose from a cold, dry air (particularly indoors in the winter) or even by a simple injury such as picking the nose. If you have frequent nosebleeds, it might help to use a humidifier in your home and to apply a little Vaseline twice a day to the center wall just inside your nose. Some doctors advise using saline nose drops twice a day. Any of these suggestions may help relieve dryness and irritation. Avoid taking aspirin, however, as it can increase bleeding.

A nosebleed also can be caused by a tumor, a direct injury to the nose, very high blood pressure, or an object pushed up into the nose.

Contact your doctor if you have nosebleeds regularly or ones in which you lose a lot of blood. Here's what to do when you get a nosebleed:

Stay calm. Nosebleeds are common and usually don't mean there is anything seriously wrong with you. Gently blow your nose. Tilt your head slightly forward. Using your thumb and finger, firmly pinch the lower part of the nose (the soft part), so that the nostrils are closed. Continue pinching for a full 10 minutes. Don't release the pressure until the 10 minutes are up. Breathe through your mouth at this time. If the bleeding has not stopped, pinch the soft part of your nose for another 10 minutes.

If after 10 more minutes of pressure, the bleeding

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continues, call your pediatrician or go to your nearest emergency room.

Ditch the Itch

Dear Dr. SerVaas:

I received a copy of the *SatEvePost* of May/June '92. In the "Medical Mailbox" is a letter from Mrs. Hickson, Carlsbad, NM, who has a terrible itching problem. I am writing about what helped me. I can surely sympathize with her as I also have experienced that awful itching. I'm glad I can help her, if she has yet to find relief.

I began to get the itch about four or five years ago. It began in my ankles and eventually would be at any place on my body. Sometimes it was torment. One thing though, it didn't really bother me at night. I tried to cut down on what might be allergic foods. In the summer it faded out somewhat but came back with cold weather.

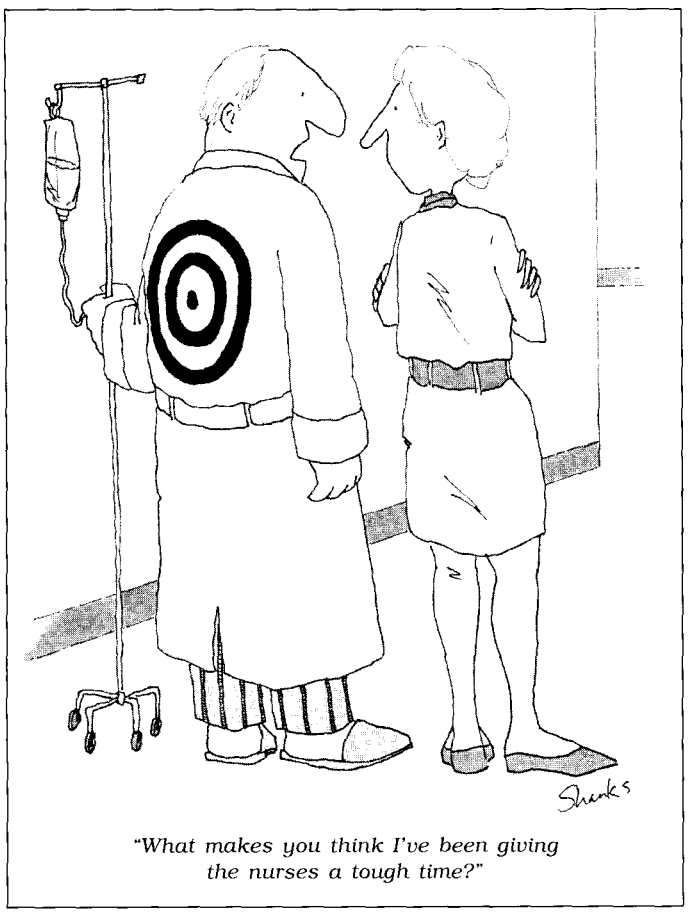
Finally, I went to a dermatologist. He advised me to rub those spots with Cetaphil lotion. Then apply a sort of salve twice a day.

I can give you only what is on the jar: tac .25 percent, urea 10 percent, and aquaphil. This last is by prescription. Cetaphil is nonprescription.

Helbert A. Nelson

Cetaphil is a nonirritating skin cleanser used as a soap substitute. The cleanser is well-suited for atopic dermatitis, diaper dermatitis, and other eczemous skin conditions.

Speaking with Dr. Ken Dawles at the Regenstrief Clinic at the Dermatology School at Indiana University School of Medicine, we learned that the combination mentioned in Mrs. Nelson's letter is made up specially by the pharmacist.



"What makes you think I've been giving the nurses a tough time?"

Each dermatologist has his or her own preference for percentages of the active ingredients to include in the salve. The percentages mentioned in Mrs. Nelson's letter are those prescribed by her doctor.

The active ingredients are: tac .25 percent, which is a triameinolone or tri-steroid; urea, 10 percent, which is a moisturizing agent; and aquaphil, which is a lubricant.

Noisy Cap Guns

Dear Dr. SerVaas:

My five-year-old son wants a cap gun. I don't really like them, but I remember how much fun we had with them when we were kids. I worry about whether it could be hazardous to my child's hearing to use a cap gun.

Elsia Broune
St. Croix

Although cap guns appear harmless, the noise that they emit isn't. Some toys are so loud that they can cause hearing loss in small children. Thomas H. Fay, Ph.D., audiologist and director of the Speech and Hearing Impaired Dept. at Columbia-Presbyterian Medical Center in New York, has found that toy sirens and squeaky rubber toys can emit sounds that reach 90 decibels, which can be as loud as a lawn-mower and dangerous to your child's hearing. When held close to the ear, these toys expose the ear to as much as 120 decibels of sounds—a damaging dose.

Cap guns have always been an important part of adolescent games. However, the noise they make can cause harmful damage to the delicate structures of the ears.

Topping the list of toys that pose a danger are cap guns. Dr. Fay also found harm in talking dolls, vehicles with horns and sirens, walkie talkies, musical instruments, and toys with cranks.

Dr. Fay suggests that if before purchasing a toy it sounds too loud in the store, it shouldn't be purchased.

Another important consideration in buying a toy gun for a child should be that many children are injured or killed each year because they do not understand the difference between a toy gun and a real gun.

Dribble No More

Dear Dr. SerVaas:

My husband had the same surgery as F.G. Wilson (Jan./Feb. '93), with the same dribble and wearing a pad. My husband also had chronic bronchitis and a prescription for time-released Seldane was given to him. To our surprise and pleasure, this stopped the dribble. Hope this works for Mr. Wilson.

D. Crawford
Visalia, California

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Advertisement

Announcing: A Fresh Movement in Christianity...

A New and Better Church

By James Rutz, Founder, Open Church Ministries

The time has come for a new church.

The old one is dysfunctional in a dozen glaring ways. Too many believers are fruitless, stagnant, and hurting.

Our root problem is simple. *The entire Christian church collapsed into an audience 1700 years ago, and it has never recovered.* We have never expressed regret for this. In fact, we've seldom even admitted it till now.

Up until the Fourth Century, we were a broad-based, laity-driven movement. But in the space of about 80 years, Christians dumped their spiritual responsibilities onto the shoulders of professional leaders, who to this day still do about 70% of the work of the church.

Laymen kicked back, relaxed, and compartmentalized their lives into sacred and secular. Six days of worldly pursuits, then a quick shift into an elaborate world of man-made sacredness, which today offers church buildings, pews, pulpits, programs, committees, choirs, stained glass, seminary-trained clergy, robes, liturgies, unwritten rituals, and sermons so polished they require a pro to deliver—*none* of which are found in the New Testament!

If this description doesn't bother you, let me rephrase it:

We've Lost the Heart of the Church

1. Lost Worship. Today's churches are built around the Sunday morning service, which is a spectator event. Part icipation is not allowed for laymen.

They aren't supposed to worship *actively*, but to maintain "an attitude of worship." That means keeping their mouths shut. What if one of your parishioners spoke up next Sunday? Suppose one stood up during a quiet transition point in the service and offered some innocuous words of pure worship like, "Great is the Lord and greatly to be praised!"

Your nearest usher would likely inform him that this is a *worship* service, and such outbursts are not allowed!

2. Lost Sharing. Suppose you're a layman, and you've just soared through the best week of your life. You arrive at church dancing on air, bursting to share your good fortune with your whole Christian family.

Sorry. The format of the service doesn't allow for sharing, period.

Or suppose you've just survived the worst week of your life: Tragedy has struck, everything's gone wrong, and you're depressed—perhaps even ready to end it all. Too bad. The implicit message of the church is, "Forget it! This is a time of Christian *fellowship*. Don't interrupt with your problems."

3. Lost Ministry. If the Lord puts a message on your heart as a pastor, you can deliver it to the church—in a sermon. Nothing unusual about that.

But if the Lord puts a message on the heart of one of your members, what can he do? Tell you that God wants *him* to give the sermon next Sunday (and brand himself as a kook)? The man in the pew is powerless to share the burdens of his heart and mind with his own Christian family.

In a program-driven church, the Holy Spirit is just not free to lead laymen into uncharted waters. Even the humblest types of service ministry are centrally planned behind closed doors.

All in all, our present church system gags, isolates, and emasculates the layman. That's why more and more Christians are walking away from the church every year. It's time for us to wake up and read the footprints. Spectator Christianity has run smack into the boomer wave (rooted in its old hippie credo of "Don't fold, spindle, or staple me").

Should We Just Ignore the Bible?

Please, let's not pretend this is just a matter of taste.

Preference in worship style isn't even an issue here. I'm talking about a closed church whose dynamics fly in the face of Scripture. You know all those basic commands that tell us how to interact when we meet, such as:

- Provoke one another to good works.
- Confess your sins to one another.
- Teach and admonish one another.
- Bear one another's burdens.
- Build each other up, etc.

Ironically, we now have a system where 11 A.M. Sunday—the *one* hour the whole church is together—is also the *one* hour when it's impossible for laymen to obey *any* of these commands!

The New Church Is for Lions

So there you have the reasons we are being forced to replace today's church: It's unscriptural, it's crippling, and it's driving away a lot of quality people. (According to the Gallup Poll, there are perhaps ten to twelve million born-again, stay-at-home believers in the U.S. Few of them ever darken the door of your church.)

What does this new church look like? Quite different. It wears many faces. It may be Baptist or Presbyterian or Foursquare. It may have the same staff and sanctuary as before. But in each case, it gives new hope—through face-to-face meetings with our brothers and sisters ... and heart-to-heart encounters with Jesus Christ.

In an open church, God touches laymen and turns them into the lions they're supposed to be. And makes pastoral burnout a quaint memory.

For details, see *The Open Church*. I guarantee you'll love it.

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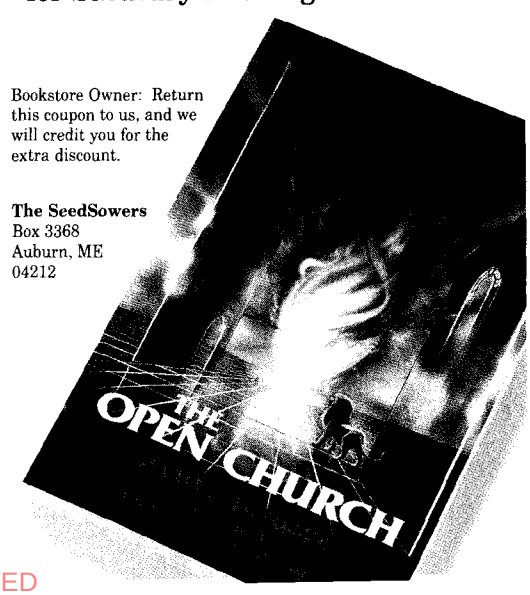

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Get Rid of Those Walkers

They're a common baby shower gift, but one prominent pediatrician calls them "an instrument of the devil," and the nation's leading pediatricians' organization is calling for their ban. They're baby walkers, and last year alone they caused 29,000 injuries, some serious. At least one death a year is attributed to accidents occurring to babies in walkers. Though the death rate is low, the risk for brain injury is high. In one case, an 8-month-old boy in a walker fell down a flight of stairs and suffered a serious brain injury; he required three operations, including one to replace a bone in his skull. Studies show that about half of all walker-related accidents involve injuries caused by falls down steps.

Give up the baby walker. Babies who use them aren't better walkers. In fact, Dr. Boyle said in an interview with *Pediatric News*, when babies who have been in walkers stand up and walk, they walk like automatons.

Your Ancestors Ate Barley

Barley is one of the world's oldest grains. It has been cultivated for about 8,000 years, and is now the world's fourth-largest cereal crop. The most common barleys are the covered type, which are used, for example, in malting. There is growing interest, however, in the hull-less type, which is adaptable for human food products, because the entire grain can be used without pearling.

Nutritionally, hull-less or pearl barley is similar to wheat in its caloric, protein, vitamin, and mineral content. Scientists at Montana State University report barley differs from wheat in that some barley varieties are high in lysine. Lysine, as *Post* readers know, is an essential amino acid.

Barley is also high in dietary fiber, particularly soluble fiber. The soluble portion contains beta-glucan, the compound found in oats that lowers serum cholesterol. Barley also contains tocotrienol, an oil component that has cholesterol-lowering properties.

A new strain of barley containing two to three times more beta-glucan than oats may be available soon. When this new barley is available in stores, the *Post* will publish recipes that incorporate this exciting product.

For now, supplement regular flour in any recipe with whole barley flour or a barley milling fraction such as "shorts." The table below compares the fiber content of white wheat bread with bread and muffins supplemented with barley shorts.

DIETARY FIBER

	Total	Soluble
White bread (one slice)	0.8 g	0.1 g
White bread, 20% barley shorts (one slice)	1.6 g	0.6 g
Muffin, 25% barley shorts (one muffin)	1.5 g	0.6 g

Source: Montana State University

"This is a pretty tough corn you have here, Mr. Furgeson!"

Lysine Battles Cold Sores

Dear Dr. SerVaas:

It is the custom at the local senior citizens center to take in the magazines we've read and leave them on the desk for others to read. Thus I came across two copies of *The Saturday Evening Post,* March and April 1986. I read them with much interest.

In one issue there was an article about lysine. I have a friend who takes this for cold sores and also claims it helps her ulcer. Have you any research on this? Also there was an article on hull-less barley, which is high in lysine. Is this available on the market? The article on calcium also was helpful.

Mrs. Betty Wilkin
Hillsboro, Ohio

During the past 10 years or so, *The Saturday Evening Post* has documented countless letters from readers about the successful treatment of cold sores with lysine.

It seems to work, both to help prevent cold sores from developing and to reduce the time it takes for the blisters to disappear once they've manifested themselves.

Dr. Richard Griffith has done many years of research on lysine and recommends that cold sore sufferers take 500 mg per 10kg (1 kg=2.2lbs) of body weight daily. We don't have a source for high-lysine barley.

Achalasia Sufferer's Revelation

Dear Dr. SerVaas:

My wife was reading your "Medical Mailbox" in the Jan./Feb. '93 *Saturday Evening Post* and read the letter from H. M., Camarillo, CA, re: "Understanding Achalasia" to me because I have had problems with this over the years, particularly in the summer.

Years ago I was examined by doctors who ran a periscope down my throat, but they couldn't find any reason for the symptoms.

I am a healthy 84-year-old man who is a retired engineer. My last attack was in 1991 (summer) when I could not swallow water.

Through what I call a revelation, I tried a glass of salt water and, to my surprise, I could drink it. I have not had a serious problem since then.

It is a simple thing to try, but it should not be overdone as far as excess salt is concerned. I hope this will help those persons with this problem.

Allen H. McCormick
Blairsville, Georgia

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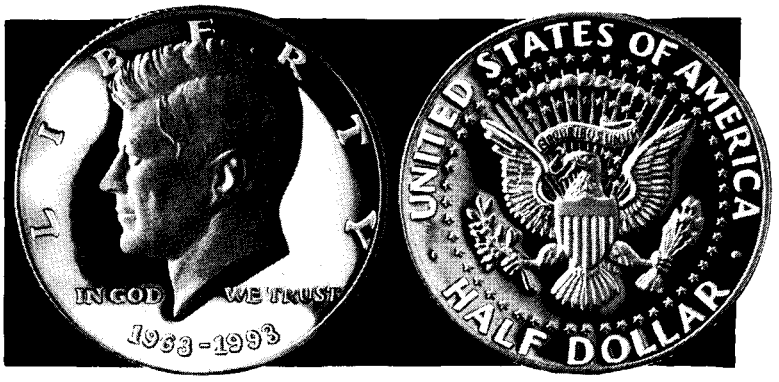

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Tomorrow

continued from page 90

said. "Because he had been home over a week before we even found out he had the baby."

"Wait," Uncle Gavin said.

(continued next issue)

Eric Schiffer

continued from page 56

Today, Sportsmed is the largest single-site sports rehabilitation facility in the nation, drawing such celebrity clients as Hammer, John Goodman, George Foreman, and Kristi Yamaguchi, as well as players from many professional football teams.

Still not content to rest on his bucks and recognizing the abuses in the personal-injury industry, Schiffer founded California Medical Associates to help eliminate abuses by providing objective medical and record reviews for large insurance companies. His new company, Quality Medical Association, currently has 12 facilities serving the insurance industry.

Desiring to assist those less fortunate, the 25-year-old bachelor also founded the Eric Schiffer Foundation, a charitable organization that recently brought about 300 inner-city children to the Sportsmed facility to motivate and inspire the youngsters to believe in themselves.

"My whole goal was to bring in role models, namely celebrities," says Schiffer, "who could show these kids that if they believe in themselves and persevere, they can be something."

The young man with the Midas touch also has a heart of gold.

Scholarship Races

continued from page 52

quarter or half mile each day, also will improve athletic performance, stamina, and overall health. Parents have learned that youngsters who prepare their bodies for competition in events such as this tend to run away from the dangers of drugs and the perils of smoking. They want wind, rather than smoke, in their lungs.

We also refer, of course, not only to the waste of hard-earned money going up in smoke, and the even higher cost of lung transplant or by-pass surgery, but also to such by-products as stained teeth, foul breath, and burn holes in the sofa, not to mention the cancer-causing secondary smoke continually engulfing others.

Boys and girls who learn to respect their bodies by staying fit for the race competitions offered by Eric Schiffer will not easily depart from their healthy habits upon assuming future leadership roles in our nation.

"Oh hi, welcome to low-impact aerobics."

Scholarship race participants will compete for $1,000 scholarships in five age-group events. There also will be a Predicted Time Race of 200 meters for all ages for a $2,000 scholarship. This race, to quote from the Bible, is "not to the swift." Rather, the winner will be the runner who guesses closest to the time it takes him or her to run the required 200 meters. Again, the children with the best chance of breaking the tape will be those who have practiced running this distance. All children who take part in the scholarship races will receive a handsome, framable certificate of participation.

Dr. John Cates of the University of California, a long-time member of AAHPERD and a special advisor to the President's Council on Physical Fitness & Sports, will be on hand to officiate at the scholarship races. He was the designer of Time Prediction Races.

(To take part in the Eric Schiffer Scholarship Races, a child must pre-register. For a registration form, write today to: Greg Joray, Eric Schiffer Scholarship Races, P.O. Box 567, Indianapolis, IN 46202.)

Thanks to the generous contributions and cooperation of the Eric Schiffer Youth Foundation, scholarships to the winners of these events will provide a real incentive for a child to complete high school and not become social driftwood. A mind is a terrible thing to waste, so take advantage of one of these valuable tuition-paying prizes.

A future Ben Johnson or Jackie Joyner-Kersee from a non-participating school need not despair of competing for a scholarship. Any student may participate as a "runner-at-large."

Other than proud parents cheering on their adored ones to break the tape and take home a prize, we also are expecting celebrities from the sports world at the finish line to welcome the winners. One of these celebrities may well be fitness advocate Arnold Schwarzenegger—if he is not busy terminating some unfit villain on film.

And who more qualified to present prizes to the winners than Kevin Saunders, a heroic member of the President's Council on Physical Fitness & Sports? Kevin, of course, will be making the presentations from the confines of a wheelchair, as he is a winner and grand champion of international races in his two-wheel "Chariot of Fire."

An inspiration to all physically impaired athletes, Kevin may accompany the award with one of his well-known one-liners, such as "There's always a way," or "Live your dream," or he may impress upon a winner the importance of an education.

The eager anticipation of competing in these Eric Schiffer Scholarship events can be equaled only by realizing the dream of entering college with a scholarship.

The time to begin preparing for this happy possibility is NOW. Scholarships are waiting at the finish line.

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Beneficial Beans

continued from page 32

½ cup mandarin oranges
1 cup no-fat mayonnaise
2 tablespoons fresh lemon juice
1 teaspoon sugar
½ teaspoon black pepper

Combine beans, cabbage, celery, apples, and oranges in medium-sized bowl or serving dish. Mix remaining ingredients and combine with vegetables and fruit. Sprinkle top with fresh parsley and serve.

Per Serving (1 cup):
Calories: 116 Carbohydrate: 23.9 gm
Cholesterol: 0 mg Protein: 3.6 gm
Sodium: 304 mg Fat: 0.7 gm
Total Fiber: 3.7 gm
Diabetic exchange: 1 bread + ½ fruit

Blue-Ribbon Breakfasts

continued from page 14

batter onto hot griddle coated with cooking spray. Cook over medium heat until underside is lightly browned. Turn and brown other side. Serve with fresh fruit or syrup, if desired.

Variation: For cinnamon pancakes, add 1 teaspoon ground cinnamon to dry ingredients.

Per Serving (1 pancake):
Calories: 102 Carbohydrate: 20 gm
Cholesterol: 2 mg Protein: 3.3 gm
Sodium: 164 mg Fat: 1.0 gm
Diabetic exchange: 1 bread + trace of fat

♥ ♥ ♥

Cornmeal Waffles

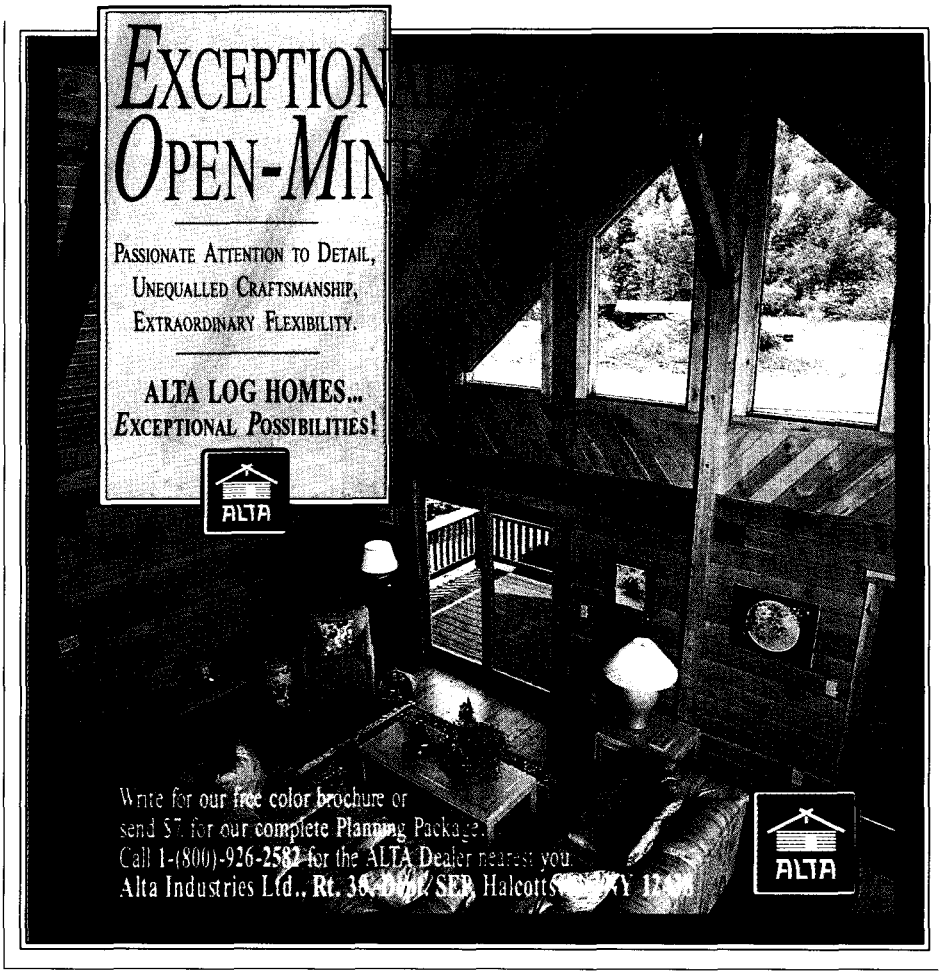
(Makes four large, 16-section waffles or 1 standard Belgian waffle)

½ cup egg substitute
1½ cups skim milk
¼ cup vegetable oil
2 packages (8½ ounces each) corn muffin mix
2 teaspoons onion powder
1½ teaspoons thyme leaves, crushed
⅛ teaspoon ground black pepper

In medium bowl, lightly beat egg substitute. Stir in milk and oil. Add corn muffin mix, onion powder, thyme, and black pepper; blend until batter is slightly lumpy. Preheat waffle iron. Pour about one cup batter onto hot iron; cook waffles until crisp and golden. If desired, place in 300° F oven to keep warm.

Note: For pancakes, prepare as directed above, except pour batter by quarter-cupfuls onto hot greased griddle. In about 2 minutes, when bubbles appear on surface, flip pancakes; cook until golden, about one minute. Makes 20 3-inch pancakes.

Per Serving (1 section or 1 pancake):
Calories: 94 Carbohydrate: 17.0 gm
Cholesterol: 1 mg Protein: 2.9 gm
Sodium: 292 mg Fat: 1.6 gm
Diabetic exchange: 1 bread + ½ fat



♥ ♥ ♥

Best Bran Muffins

(Makes 1 dozen)

1½ cups wheat bran cereal
1 cup skim milk
¼ egg substitute
⅓ cup soft margarine
1½ cups sifted all-purpose flour
½ cup sugar (optional)
3 teaspoons baking powder

Preheat oven to 400° F.

Combine bran cereal and milk in mixing bowl. Let stand 2 minutes or until most of the moisture is absorbed.

Add egg substitute and margarine. Beat until well blended.

Sift together the flour, sugar, baking powder, and salt.

Add the dry ingredients to cereal mixture and stir just until all are moistened.

Spoon batter into oiled muffin cups (¾ full) and bake 25 minutes or until lightly browned. Serve hot.

Per Serving (1 muffin):
Calories: 171 Carbohydrate: 30.6 gm
Cholesterol: trace Protein: 4.4 gm
Sodium: 157 mg Fat: 3.5 gm
Diabetic exchange: 2 bread + ½ fat

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Where Do You Think You Are?

(answers from page 84)

(Theme: Cities with spring in their names)

1. Spring Dale, WV
2. Spring Grove, IL
3. Spring Branch, TX
4. Spring Lake, UT
5. Spring Hope, NC
6. Spring Hill, IA
7. Spring Run, PA
8. Spring Green, WI
9. Spring Lake, FL

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22 Songs On Records, Tapes & Compact Disc

Indian Love Call

Ah! Sweet Mystery Of Life

Will You Remember (Sweetheart, Sweetheart, Sweetheart)

I'll See You Again

Rose Marie

Italian Street Song

Lover Come Back to Me

Tramp, Tramp, Tramp Along The Highway

Sweetheart Waltz

I'm Falling In Love With Someone

Love's Old Sweet Song

Vilia

Drink To Me Only With Thine Eyes

Farewell To Dreams

Stouthearted Men

Ciribiribin

Rosalie

Giannina Mia

Wanting You

Beyond The Blue Horizon

When I Grow Too Old To Dream

One Kiss

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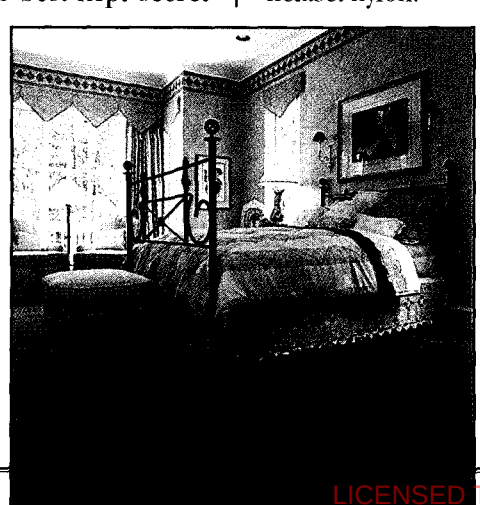

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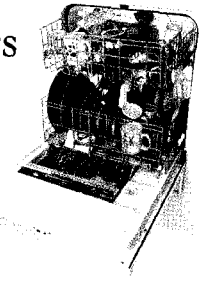

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